



Tail of the Tiger



Side by Side: Growing Together in Relationships

With Carol and Patton Hyman, November 19–21, 2010



*Carol Hyman, a writer and consultant with a degree in psychology, has completed three books and is currently working on *Salvaging Sanity: daily maintenance for Human Vehicles*. Carol teaches all levels of Shambhala Training and has twice directed *Warrior Assembly*.*

Patton Hyman, a practicing attorney in Barnet and member of the Vermont and Georgia bar associations, is Development Director of Tail of the Tiger, an educational nonprofit organization that presents seminars joining mindfulness and contemplative disciplines with the professions, business, and the arts.

Each of us carries a certain amount of baggage down life's road. How we handle it determines what we deliver into this world—confidence and compassion or confusion and contention—as well as whether our closest relationships sustain us or sink under the weight of unrealistic expectations. Human beings naturally long for intimacy, but we frequently sabotage our relationships with unconscious projections so if we want to travel harmoniously in tandem, we have to cultivate self-awareness.

This weekend we'll explore how to make the necessary and potentially delightful relationship with ourselves the ground of a lifelong journey connecting with others. Using contemplative techniques and interpersonal exercises, participants will examine preconceptions about love, explore how we communicate our attitudes verbally and otherwise, and create new scenarios for enlivening our relationships. The program offers those already in a relationship tools for deepen their connections, while those presently unattached will gain tips on learning how to listen for love's knock.

Program Fee: \$245 (includes meals; accommodations extra)

Call Tail of the Tiger Programs, at Karmê Chöling 802-633-2384 or visit <http://www.taillofthetiger.org/program.php?id=4302>

For more information about Tail of the Tiger, visit: www.taillofthetiger.org

