



# Tail of the Tiger



## Making Relationship: The Labor of Love

*With Carol Hyman and Patton Hyman, November 20 – 22, 2009*



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

*Patton Hyman, practicing attorney in Barnet, VT, member of the Vermont and Georgia bars, is Development Director of Tail of the Tiger, an educational nonprofit corporation that presents seminars joining mindfulness meditation with the professions, business, and the arts.*

### Looking for it, falling into it, falling out of it:

love's on our minds a lot of the time. But frequently what seemed like the fulfillment of our dreams turns out to be a big yawn, or a nightmare. While humans naturally long for intimacy, we often unknowingly sabotage our relationships with unrealistic expectations and unconscious projections. If we want to build a rewarding relationship with someone else, we have to start by exploring ourselves.

Using contemplative techniques and a variety of interpersonal exercises, participants in this weekend will examine preconceptions about love, explore how we communicate our attitudes verbally and otherwise, and create new scenarios for enlivening our love lives. The program will offer opportunities for couples to deepen their connections and for those not presently in a relationship to learn how to listen for love's knock.

*Program Fee: \$245 (includes meals but does not include accommodations.)*

Call Tail of the Tiger Programs, at Karmê Chöling 802 633 2384 or visit [http://www.tailofthetiger.org/laboroflove\\_11\\_09.html](http://www.tailofthetiger.org/laboroflove_11_09.html)

For more information about Tail of the Tiger, visit: [www.tailofthetiger.org](http://www.tailofthetiger.org)

