

Conscious Intimacy Workshop

Jeddah, Saudi Arabia | March 13&14, 2020



Most of us have a deep yearning in our hearts to experience a deep, loving, close intimate relationship with a Beloved.

Some of us may already be living it. Some may come close. Many of us may be in a relationship, but far from its promise of love and ecstasy. Many of us are still striving to attract this in our life. Probably most of us are still learning how to have this intimacy with ourselves. Our intimacy may be yearning for more depth, aliveness and connection. We may be eager to have guidance in how to achieve this.

What is Conscious Intimacy?

The Light and Adventure of Emotional Intimacy become a way of life and a committed practice, foremost for you and then with another.

It is where the foundations of Emotional Intimacy and the Healing Power of Physical Intimacy, lead you to meet in the Subtler and Sacred dimensions that your body and life energy can take you to, first with yourself and eventually with your partner. We explore what it means for Intimacy to take you to the Divine.



Cynthia Gonzalez is a transpersonal counselor with 30+ years experience, working with individuals, couples and sexuality issues. Cynthia is deeply informed by the body being a truthsayer, emotionally and energetically. She is committed to making it safe to express its fullness of truth – the sensual and the pain. She is also a certified

Holotropic Breathwork practitioner, expressive arts facilitator and somatic bodyworker. She has lived and worked in the US, Latin America, Europe, and in Dubai for the last 21 years. She has worked extensively in the Middle East, expanding her understanding of cultural and religious sensitivities regarding relationship and intimacy. For her new eBook, articles, blog posts and mp3 audios on conscious relationship and intimacy, please go to www.cynthagonzalez.com

During the workshop, we will:

- Identify and bring healing to blockages of Emotional Intimacy
- Bring Understanding, Compassion and Acceptance to all the influences and occurrences that contribute to your Intimacy Psychology
- Invite the Healing of any Taboos, Shaming and Violation that can block acceptance of the Purity and Beauty of your Intimacy Expression
- Explore what Transparency and Radical Honesty are in Relationship and how they are integral to Conscious Intimacy
- Explore and feel the Subtle Energy Body and its relationship to Intimacy through Movement and Exercises
- Learn what is the Art of Devotional and Surrendered Intimacy

Note: This workshop will be highly appropriate and culturally respectful. This workshop is open to both individuals and couples. Confidentiality and safety will be assured.

When: Friday & Saturday, March 13 & 14, 2020, 9am-5pm **Where:** Jeddah Location

Fee for Workshop: 3000 SAR. Early bird registration, to be paid by Feb 1, 2020: 2800 SAR. Includes workshop, snacks and lunch. **Enrollment:** Contact Cynthia at cynthag@yahoo.com

* Once enrolled, you will receive a Pre-Homework assignment to fill out, which will greatly enhance your experience of the workshop!