

*Are you an ex-pat living in Finland?
Would you like to meet others like
you, get to know yourself better and
improve your interpersonal skills?*

Come and join a Gestalt self-development group, led by two Gestalt therapists, **Katri Suvanto** and **Sari Varpama**, both having ample experience of what it is like to be living abroad.

You are in for lots of peer support along with new insights, better self-awareness and improved quality of relational skills.

Lighten the dark winter days by starting a new adventure exploring yourself and meeting other non-natives who, for one reason or another, are also living in Finland.

The first group of this kind received standing ovations from the participants; so do not miss this opportunity, which will no doubt change the way in which you experience your life in Finland.

The group starts with an introductory day, open to all, on **Saturday, January 14th, 2017, from 10 AM to 2 PM.**



FIND YOURSELF IN FINLAND?

DATES

Those committing to the process after the introductory day will meet on five weekends:

February 3-4

Friday evening/Saturday;

February 18 Saturday;

March 11 Saturday;

April 1 Saturday; and

April 21-22

Friday evening/Saturday.

VENUE

The venue is easily accessible in Mannerheimintie, near KisaHalli and the Opera.

COSTS

Price for the introductory day: €40

For the group process: €550, payable in two installments and incl. the introductory day.

To reserve a place we ask you to pay a deposit of €100.

Concessions are negotiable!

For more information and for signing up for the introductory day, please contact Katri at katri.suvanto@gmail.com or phone 040 764 9997 or Sari at sari.varpama@gmail.com or phone 050 342 99 81.

For more details, please check www.sarivarpama.fi or www.essentialtherapy.fi.