

Join us on 19 September 2015 for an

Introductory Gestalt Workshop

RISKING BEING ALIVE

Are you from overseas and living in Finland because of family reasons, your work or studies? Are you experiencing mixed, even confusing feelings about your life here, ranging from joy to anger to sadness and more you cannot even put a name on? **Living in a foreign country makes us face a lot of new situations and often challenges what we have learned about ourselves and life in general.**

The workshop will be co-led by two seasoned Gestalt therapists: Katri Suvanto and Charlotte Løvendahl. Both have experience from living abroad; Katri has returned to her native Finland while Charlotte has grown her roots in Sweden. Katri and Charlotte will start a **Personal Development Group for expatriates** in January 2016 in Helsinki.

The **Risking Being Alive** workshop will introduce you to the Gestalt way of working, exploring what *is* in the here and now. You will have a chance to meet us and find out if working with us in a Gestalt group would be right for you! The group will meet over six weekends between January and May, and English will be the language of the group.

You are warmly welcome to join us on **19 September 2015** at Arkadia Bookshop **between 2 and 4 pm**. The workshop is free of charge and experiential. We would like you to register in advance at katri.suvanto@gmail.com.

For more information, please contact Katri on 040 764 9997, see also www.essentialtherapy.fi; or contact Charlotte on +46 760215177.

The 'home' of the group will be a lovely Jugend villa in a leafy part of Helsinki: www.hyvinvointihuvila.fi (this site is only in Finnish).