

Relationships: A Safe-Haven or a Trap?



Sometimes relationships feel warm and delicious, a great support for our bodies, minds and spirits. And sometimes they just feel like an albatross, a drag or even a prison. **What makes them supportive and empowering? What makes them oppressive or limiting? And what's our part?**

Let's explore and transform at the next relationship workshop of The-InnerRevolution.Org. **You're invited**

whether you are in relationship with a romantic partner, a companion or mate, a friend or just people at work, in your band, school, sports team or anywhere. Let's talk about the state of our relationships and let's see if we can't break new ground.

Relationships: A Safe Haven or a Trap? will be facilitated by Beth Green, otherwise known as Granny Rocks, who manages to lead workshops, talk, sing and play the piano all at the same time. The blend of music and discussion is so fun that it helps us relax and be even more honest with ourselves and one another. If you have never seen Granny Rocks in action, you can tune in and watch Granny's Place live on Wednesdays at 6:30 pm Pacific time on her Facebook page. She brings the same aliveness, humor and depth to our workshops. Plus she uses her amazing intuition to help each one of us personally see past our blind spots and get past our old patterns that are holding us down.

So check it out! Come with or without your relationship partner, and join us for what will be a revealing and hopefully liberating experience for us all!

**Sunday, March 11,
2018**

10am—1pm PT

**In Person in
San Diego, CA
or Online from
Anywhere**

Join Us! This retreat will be held at a beautiful home in North San Diego and online via internet videoconferencing and is \$220 per couple or \$110 for an individual. **Register and get location and videoconferencing directions via email after registering:** <http://bit.ly/innerrev>

Please bring snacks and plan to eat after the event. Please refrain from caffeine and sugar for the day. This event will be facilitated by Granny Rocks, a.k.a. Beth Green, intuitive counselor, spiritual teacher and founder of TheInnerRevolution.Org. Anyone who attended the previous retreats can attest to the power of Beth's work. For more about Beth, check out <http://theinnerrevolution.org/>

For more information, contact **Todd Benton** at (760) 731-4855 or todd@theinnerrevolution.org