



PRH MONTHLY GROUPS 2020-2021

Once again, this year PRH England is offering the popular monthly meeting group format as a further resource to help you in your growth.

A monthly growth group, or workshop in monthly format:

- helps you integrate, using the PRH method, the material in more depth outside the more intensive workshop format
- encourages you to continue working regularly on your growth
- allows you to share the experience of your ongoing growth journey in a group setting

Those who use this format usually experience it as a vital resource in their path of self-discovery and hence register for it year after year.

This year there are 2 itineraries being offered: one, a workshop in a monthly format and the other a monthly growth group. Both will be conducted over nine months online via the Zoom platform. This requires an easy set-up by internet or smartphone, with no extra cost to yourselves.

The fees are shown on the **attached sliding scale tariff sheet**. (In special cases the fee can be negotiated). There could be between 5 and 15 participants in a group.

As a member of a monthly group **YOU ARE EXPECTED TO COMMIT TO EVERY MEETING**. In this way you can live respect for yourself, the group and the educator. If you know in advance that this is not possible prior to registering, please contact us about it and/or note it on your registration form.

Priority will be given to those who apply promptly and to **those who have shown commitment and motivation to this PRH resource in the past**.

Please **read carefully** the following information, **taking into account your present reality and motivation** for applying for a place in a monthly group.

The options and dates for 2020-21 are scheduled as follows:

Group 1 (online workshop webinar) Resistance - obstacle or opportunity?	Group 2 (online follow up group webinar) The art of alchemizing resistance
Saturday mornings: October - March 8.30am-12pm April - June 9.30am-1pm. (ALL UK TIME)	Thursday mornings: 9.00-12.30pm (UK TIME)
10 October 2020	22 October 2020
7 November 2020	12 November 2020
12 December 2020.	17 December 2020
9 January 2021	14 January 2021
13 February 2021	18 February 2021
13 March 2021	18 March 2021
10 April 2021 9.30am-1pm	15 April 2021
8 May 2021 9.30am-1pm	13 May 2021
12 June 2021 9.30am-1pm	17 June 2021

Please note that for those who can't commit to a full itinerary, you may have the possibility to join a shorter group during the year. For example, we are planning to offer a gentler 6-session introduction on the theme of constructively overcoming difficulties.

N.B. In certain circumstances the dates may have to be changed. In which case, we will give as much notice as possible.

1. Resistance – obstacle or opportunity?

A methodical exploration of a familiar mechanism and its potential

This is a new workshop with a life-changing impact.
Are you open? Are you closed? Interested in a third way?

- Observe the phenomenon of resistance and what it is made up of
- Identify what awakens your own resistance in its different contexts and forms and recognize familiar patterns that are slowing your progress
- Become better equipped in approaching resistance and the patterns around it
- Discover pitfalls to watch for in order to avoid wasting energy during your growth journey
- Begin to learn how to take the third way and alchemise your blocks

Here are some benefits experienced by those who have already taken it:

"This course looked at really interesting aspects of difficulty in becoming free and autonomous; and is very helpful. The concept of alchemy resonates with me." (CT)

"I loved the notion of the alchemy that happens within when we start to tackle the resistance, how our openness grows simply through this relationship between the resistance and our life in depth. It is a tiny miracle we can all live for ourselves. I urge anyone to take this workshop and deny this reality!" (Deborah Lacey)

"I went further with being interested in, understanding, and motivated to connect to my Deep Conscience probably more than after any other workshop. There were very powerful discoveries for me that I will return to again and again. I was sorry when it finished – I didn't want it to end!" (Carolyn Moulton)

N.B. PLEASE NOTE THIS WORKSHOP HAS A LARGE SCOPE. REPEATING IT IN A MONTHLY FORMAT CAN BE OF EQUAL BENEFIT AS THE FOLLOW UP GROUP FOR INTEGRATING ITS CONTENT AND DEEPENING THE PROCESS

Requirements:

- To have experienced at least some PRH initial education, and ideally to have taken at least one workshop on PRH written analysis.
- To be attracted to the theme of resistance and wish to take your personal growth journey to another level.
- To be prepared to commit to EVERY MEETING and to doing the personal work required during the month (approx. 2-3 hours minimum)
- To be motivated to enjoy the benefits of working systematically on your growth in the company of like-minded others
- To be prepared to "buddy up" to support yourself and/or others

2. The art of alchemising resistance

A methodical integration of the workshop "Resistance – obstacle or opportunity?"

Here is an opportunity to integrate and experience more widely and deeply the material covered in the above workshop. This will include familiarising ourselves with the process of alchemising, making decisions from our deep conscience, and looking in more detail at non-growthful topics such as, polarity behaviour, justification, blame, procrastination, avoiding asking for help, etc.

Requirements:

- To have already taken the workshop *Resistance – obstacle or opportunity?*
- To desire to continue to face resistance in a new way with systematic structure and guidance.
- To be prepared to commit to EVERY MEETING and to doing the linkwork during the month (approx. 2 - 3 hours minimum).
- To be motivated to enjoy working on your growth within a structure and in the company of others.
- To be prepared to "buddy up", when required, to support yourself and/or others.

Please feel free to contact Robina or Mary, SOONER RATHER THAN LATER, regarding any queries you might have regarding these itineraries, requirements, payments, etc.

Application for Workshop Growth Groups 2020-21

Please fill out an **application form for the group** you wish to join (including your motivation to be part of it) and return it **with a £30 deposit** as soon as possible and **before 18th September 2020** to

Mary Gregson, 9B Lorne Road, Southwold, Suffolk IP18 6EP
Tel/Fax: 01502 722 589 email: info@prhengland.co.uk

Payment will be by BACS only (*bank transfer details for UK payments only to the following a/c no. 46007751 Sort code: 60-92-04 Name of bank: Yorkshire Building Society Name of account holder: Robina Mary Scott Reference/Roll number: 4600775149 - **this number is vital or the money will not arrive in the account and will be returned to you.** Please inform us by email when you have paid. **If paying from a non-UK bank please contact us in the first instance to obtain details & determine if it is necessary to make the deposit payment separately from the full payment.***

Please note that applications after 18th September are not guaranteed a place and will incur an extra, non-refundable admin. payment of £15. Any mistakes made in payment will incur a £15 extra payment for admin. adjustment. Both charges can run concurrently, if applicable.

As numbers are limited, selection will be based on various factors such as eligibility, the date your application is received, past commitment, motivation and attendance, AND YOUR AVAILABILITY FOR EVERY MEETING.

Application does not necessarily mean you have a place, but you won't have to wait long after 18th September to know. Your deposit will be returned if you have been unfortunate enough not to get a place.

Please ensure that you sign and date the application.

Name:

Address:

Telephone(s)

Email:

I agree to the above stated requirements of becoming a member of a monthly group:

Signed _____

Dated _____

Choose your itinerary:

1st choice: Resistance – Obstacle or Opportunity? / The art of alchemising resistance (delete as applicable)

2nd choice:

Resistance – Obstacle or Opportunity? / The art of alchemising resistance (delete as applicable)

If accepted, your deposit will form part of your payment. Details of the variety of payment options will be sent with confirmation of your place. Please note it will be possible to spread the payment over the year at no extra cost (BACS only). First, or full, payment will be due prior to the first meeting of the group.

What motivation do I have to join my chosen group? I get in touch with my sensation and describe it here and over the page as fully as I can: