



# Exploring my Inner World

*The method of analysis of sensations - Level 1*

A PRH online retreat over 5 days that trains you in a powerful tool for self-discovery

Are you willing to know yourself better and be active and cooperate further in your process of Self Revelation?

**Date:** 16<sup>th</sup> - 20<sup>th</sup> August 2021

**Time:** 10am – 1pm and 4 - 6.30pm daily

**Course Cost:** sliding scale from £245 - £660 to suit all needs and dependent on date of registration.

**N.B.** only £50 deposit required initially to ensure your place.


**Early Bird savings:** before 14<sup>th</sup> May 2021

**Pre-requisites:**

Open to all adults who have followed *Who am I?* (or equivalent modules: *Discovering the Core of my Identity* and *Growing in Personal Solidity*) and wish to learn how to take charge of their growth systematically.

It is highly recommended to repeat this workshop from time to time to deepen your practice of the PRH method.

- Discover, practice, and consolidate the acclaimed and effective PRH method of self-exploration
- Distinguish various types of inner experiences
- Learn to identify sensations with psychological content, explore them, and go deeper into them in order to ...
- Welcome something new about yourself and gain new levels of experience

For further information and registration details:  
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