

# Listening and Loving

Vitamin **L** for your Relationship

A Weekend Away for the Two of You  
13-15 August 2010  
@ Brickyard and Chan Creative House



Powered by ...



## Overview



**Do you sometimes just need to get away at the weekend?**

**Is there so little space in your life for the one you love, the person you live with?**

Here is the chance to enjoy a weekend together in comfort and connection.

**Two days of relaxation and fun, with the added bonus of learning some new skills to help you understand and communicate with each other more deeply.**

This weekend, for a small group of couples will include the opportunities to come together and explore some exercises and experiences that will enhance the way you work together, play together, and share your lives.

**There will be a mixture of verbal and play activities, group and couple time, along with relaxation and physical exercises, designed to help you get in touch with the emotional and physical habits that limit the joy and freedom in your relationship.**

In addition to that, you will be free to go walking on the Great Wall and around the local mountains.

**This weekend is for both long term married couples and those just embarking on a relationship.**

It will be facilitated by **Abel B'Hahn, Ansgar Gerstner** and **Helen Tian**.

**Abel** and **Helen** will facilitate games and sharing and will guide the couples thru exercises to learn and practice a few communication skills, to create a weekend of both fun and learning.

**Ansgar** will offer Qigong and Chinese martial arts to create both physical relaxation and rejuvenation, and to assist couples in identifying some of the patterns that they have locked themselves into.

## Key Benefits



**A weekend together in comfort and connection.**

**A weekend of both fun and learning.**

**A mixture of verbal and play activities, group and couple time.**

In this workshop, alongside the fun and learning skills, these exercises will provide you with relaxation and rejuvenation, and, if you take the chance to have couple sessions, will illuminate stuck patterns between the two of you. You will have the opportunity to discard old habits that don't serve you and replace them with new habits that support the intimacy and connection between you.

### **Relaxation**

- You will find Qigong and Chinese martial arts exercises that help de-stress and create both physical relaxation and rejuvenation.
- You will replenish your energy.
- You will sleep in the silence of the countryside.
- You will be able to walk on the Great Wall and around the local mountains.

### **Connection**

- You will find simple ways to deeply connect with yourself and your environment.
- You will have the opportunity to learn some new skills to help you understand and communicate with each other more deeply.

### **Inspiration**

- You will discover opportunities to heighten your awareness of patterns that prevent full access to your potential.
- You will find ideas to guide you to a sensitive and balanced way to approach your life.
- You will explore some exercises and experiences that will enhance the way you work together, play together, and share your lives.

**And you will have some fun!**

## Facilitation



### **Abel B'Hahn**

Abel's passion is personal and intimate relationships. Originally living and trained in UK, he is now based in China and wants to offer his experience to Chinese and expat individuals and couples. He has significant experience in Non-Violent Communication (NVC), has trained couples in relationship skills and has worked as a community disputes mediator. He has a diploma in NLP and also has extensive experience with HAI, the Human Awareness Institute, from USA.

Currently he is teaching weekly non-violent communication classes in Shanghai, as well as being a marriage trainer for couples. His approach is to teach the communication and self management skills needed to create nourishing and successful relationships, rather than to act as a therapist or counsellor.

### **Dr. Ansgar Gerstner**

Ansgar's early fascination for Chinese martial arts originally motivated him to enter the Chinese department at Trier University, Germany, go to Taiwan, become fluent in Mandarin and explore the martial arts, ancient Chinese philosophy, strategic thought, the healing arts and the profound links between all of them.

Ansgar holds a doctorate in Chinese Studies. His doctoral dissertation was on the *Tao Te Ching*. Long fascinated by the *Tao Te Ching's* perspective on strategy, he has in recent years turned his attention to its applications in management. Last summer his new book, *The Tao of Business*, was published by Earnshaw Books in Hong Kong ([www.earnshawbooks.com](http://www.earnshawbooks.com)). Ansgar is also teaching Chinese martial arts, with his focus mainly on strategy and the coaching aspects within martial arts.

### **Helen Tian**

Helen is a Career & Leadership Coach based in Beijing, and has been in Leadership Development field for 14 years. Helen has vast experience as a fully bi-lingual team and leadership trainer. She is a certified NLP coach and Satir International Therapist, with a passion to help people fulfill their potential, realize their dreams, and obtain happy and fulfilling lives and careers.

## Unique, relaxing, inspiring ...

A run-down, smoke-belching glazed tile factory without a blade of grass has been transformed into a lush and private eco-retreat at the Great Wall.

## The luxury of simplicity ...

The Brickyard is the perfect place to relax and refresh. Stroll through our gardens. Read a book in the sunshine. Curl up by the fire in the evening. Sleep in the silence of the countryside.

- 16 queen bedrooms, each with a spectacular view up to the Great Wall
- Lodge with fireplace and Café
- Private grounds, landscaping & lawns
- Green design with emphasis on sustainability
- Small and exclusive, providing high standard of personal attention

## Each room has ...

- Queen Bed
- Rainforest Shower
- Skylight & Private Terrace
- One and a Half Storey Window Wall
- Panoramic View of the Great Wall
- Custom Mural & Native Slate Flooring
- Hand-woven Carpets & Elm Furnishings
- Wireless Internet
- No TV, No Outside Phone Lines
- Guest controlled ventilation and air conditioning

For further information and pictures please visit [www.brickyardatmutianyu.com](http://www.brickyardatmutianyu.com)



Brickyard  
-  
The Venue



Pricing

the Small  
Print

Contact  
Details



## The Price **RMB 6,888**

As an introductory offer **RMB 4,888** (per individual)

### Price includes

- 2 day event
- Breakfasts, lunches, dinners and coffee/tea breaks
- selected alcoholic beverages are included with the dinner
- Accommodation from 13-15 August 2010
- All event related activities
- Walking guide

The event will start on Friday, 13 August 2010 at 19.00 with a welcome dinner and will close on Sunday, 15 August 2010 at 18.00

1. We offer an Early Bird discount of 10% if we receive a 33% deposit by 15 June 2010.
2. The full payment is required by 31 July 2010. We have a limited number of participants so book early.
3. Please make all payments to the following:  
Company Name: Chan HR Consulting  
公司名称: 北京德泰泓博商务咨询有限公司  
Bank Account Name (RMB): HSBC Bank(China) Company limited Beijing China World Trade Centre Sub-Branch  
银行名称(人民币账户): 汇丰银行(中国)有限公司北京国贸支行  
Bank Account Number: 726-105109-001  
银行账号: 726-105109-001
4. Deposits not refundable after 31 July 2010.
5. In the event that the weekend is cancelled by the organizers, all payments will be refunded without deduction.

Chan **HR** Consulting  
Rainer B. Schmitz  
rschmitz@chanhr.com  
8613716908888  
861065330726  
www.chanhr.com  
www.chancreativehouse.com