

Embracing Authentic Female Identity, Authority & Wisdom



## *Ways Of Woman*

3 Part yearlong Residential Program for Women in Spain, right on the Mediterranean Sea

Christine Arentz Schjetlein & Helena Løvendal-Duffell

*Next program starts October 2017*

1-8 Oct 2017 • 27 May-3 June 2018 • 30 Sept.-7 Oct. 2018

*An in-depth program for women who wish to know and embody their female  
Beauty, Power and Wisdom.*

*Finding true identity and integrity as a woman involves being curious about where you come from, where you are going and why you are going there. This powerful program offers perspectives that can lead you beyond the confines of your personal and social upbringing, replacing outdated and unquestioned assumptions with your own innate female Wisdom & Authority.*

***In this year long programme you will:***

- *Integrate mind, body, heart, and spirit and step fully into your own life as a conscious and potent player.*
- *Embrace your own uniqueness and full potential as a leader in your own work.*
- *Learn to honor yourself as a mother and become a role model for your children.*
- *Learn how to create more fulfilling relationships with yourself and others*
- *Expand and deepen your ability to be authentically present to yourself, Life and Others.*
- *Recognize your inner strength as the ground for skillful action in all areas of life.*

*Tell me, what is it you plan to do with your one wild and precious life?* **Mary Oliver**

Part One: 1 – 8 October 2017: **Everything is born of woman** - discovering and defining our true female identity.

Women are constantly told myths about what a woman is, how she should feel and what her desire is. During this first week we will tune in to the wisdom of our bodies, find our own flow in movement with our feelings and experiences, as we explore the influences that formed our identities as women, including our inheritance from our female lineage. Our relationships to the women who went before us impact our relationship to our body, our self-concept and self-expression, our intimate relationships and mothering. Exploring the larger context for our lives allows us to listen to our own thoughts, define our authentic identity and align with our highest aspirations for the future.

Part Two: 27 May – 3 June 2018: **Opening to Passion, Power & Pleasure** - Transforming our relationship to men and the masculine.

Trans-generational exposure to patriarchal values has wounded the feminine in both men and woman. A woman's projections onto men, and her consequent relationship to her inner masculine, is key to her ability to inhabit her sexual self and engage with her own and others' power- thus having a deep intimate relationship with herself. Allowing ourselves the pleasure of our own power awakens the passion to live more fully and to venture out into the world trusting our instincts and desires and knowing how to manifest and live our dreams. We transform the prevailing idealization of the masculine, a form of internalized misogyny masquerading as female empowerment, into freedom and honest capacity to relate wholeheartedly.

Part Three: 30 September – 7 October 2018: **Woman, to thy own self be true** - when sleeping women awake, mountains move.

When we connect to the deepest dimension of ourselves, our responsibility to the evolutionary impulse awakens in us. Existential insecurity is gradually replaced by conviction, direction, and an unlimited source of energy enabling us to contribute fully to the life process now. Our priorities fundamentally shift when we take on our creative responsibility. Through developing deep trust in our body, feelings, dreams, intelligence and visions, we confirm our commitment to live and work in ways that express our authentic feminine strengths and values. Choosing to birth a new social consciousness and play our roles in shaping the future of our world, we enter into a co-creative partnership with existence itself, and in our relationships with both men and women, thus unleashing potentials previously unknown in humanity's evolution.



## Practical information

### *Course fees*

Each module costs €1000, payable in full latest 3 weeks in advance of each starting date.

***Special Offer:*** Book before 30th June 2017 and join at the reduced fee of € 950.00 per module!!

### ***Accommodation:***

Once you are accepted unto the training, we will notify the venue and reserve your chosen accommodation. The cost will be payable directly to the venue when you are there.

Prices including half-board in en-suite rooms with balcony facing the sea. All accommodation is priced in euros, **not** including VAT @ current rates (presently 10%).

Shared twin room per person per night: €56.00 Oct 17 / €67,00 May 18 / €57.50 Sept. 18

Single room per person per night: €72.00 for Oct 17 / €84.00 May 18 / €74.00 Sept. 18

Meals included in this price are generous and suitable for vegetarians and meat eaters and consist of buffet breakfast and buffet lunch **or** dinner. Extra meals at the hotel costs €13.- and can be ordered with short notice. Walking distance *Sant Feliu de Guixols*, has numerous restaurants for all budgets.

If you have any further questions or queries, please do contact us:

Christine Arentz Schjetlein : [christine@schjetlein.no](mailto:christine@schjetlein.no)

Helena Løvendal-Duffell: [cgphelena@btinternet.com](mailto:cgphelena@btinternet.com)

or leave a message on tel.: (+44) [0]207 267 7098

See also Ways of Woman on Facebook: [www.facebook.com/waysofwoman](http://www.facebook.com/waysofwoman)



***We look forward to meeting you!***

## ***How we work***

Our approach is integral and will engage body, feelings, mind and soul experientially through reflections, movement, exercises, and sharing. Theoretical material will inspire, support and help ground the experimental learning. We will work intensively, with free time to integrate, play and enjoy the beautiful surroundings built into the schedule. The learning process is designed to challenge and inspire you, to show you the way from confusion and chaos to becoming a clear, capable and compassionate woman. It aims to induce profound changes in yourself and your relationships, to affect your fundamental approach to life, and restore your gentle, radiant, non-competitive self-confidence

## ***Who are we?***

***Helena Løvendal-Duffell:*** Born in Denmark, 1958: Helena has been running a private practice in London, UK, since 1988. She was faculty member at The Institute of Psychosynthesis in London for six years, has offered workshops for women since 1993, and in 1996, co- founded The Centre For Gender Psychology. The umbrella organization, Creative Couple Work, was founded in 2000 to offer specialist, post-graduate diploma training in Relationship Therapy & Coaching.

Helena offers psychotherapy, coaching and workshops for individuals and couples, as well as specialist training and supervision for professionals in the field of relationships, sex and gender relations in UK, Europe, and Scandinavia. Amongst the first qualified Sexual Grounding Therapists®, Helena is an SGT Senior Trainer and was appointed Head of Education SGT International in May 2013.

An experienced and accredited psychotherapist, teacher and trainer of other professionals, her unique approach evolved over many years out of her personal development work and professional training with leading teachers from around the world, spanning the fields of: *Psychoanalysis, Depth Psychology, Family Therapy & Systems Theory, Body- Psychotherapy, Integral approaches, Sexual Grounding Therapy®, Post-Jungian thought, Yoga, Tantric teachings, , Indigenous teachings and Native American Shamanism*

Helena is passionate about re-connecting men and women to their natural power and beauty and awaken their innate potentials for living wholehearted and passionate lives, enjoying loving and deeply fulfilling relationships. When not in London or working abroad, she lives close to nature in the deep south of France, learning how to grow plants and vegetables and live a sustainable lifestyle while making time for writing.

[www.genderpsychology.com](http://www.genderpsychology.com)

[www.creativecouplework.com](http://www.creativecouplework.com)

[www.sexualgrounding.com](http://www.sexualgrounding.com)

***Christine Arentz Schjetlein:*** Born in Norway, 1956. Christine is a qualified Transpersonal Psychotherapist and certified by Gabrielle Roth as a 5Rhythms teacher. She has worked for many years with Susannah and Ya'Acov Darling Khan from the School of Movement Medicine, and is trained by Andrea Juhan in Open Floor method. She has also been trained in Intuitive Development by Caroline Myss.

Christine has been in private practice in Oslo since 1999 and facilitates workshops in Norway and Europe for personal and professional development in the field of self-development and spirituality. Between 2007 – 2014, she was employed as freelance training staff at Modum Bad, Villa Sana, a medical rehabilitation center for professionals.

Christine holds a Degree from Oslo University (Hist. of Religion, Social Anthropology), is a former Olympic level athlete, a journalist, and a Montessori teacher, Founder of 'Mira', Montessori inspired Kindergarten, Oslo.

Her book "*Rik som Fanten*" (Rich as a Tramp), published in 2005 by Noras Arc, Oslo, brings consciousness to the bridge between personal values and relationship to money. Christine's numerous articles have been published in several leading personal-and spiritual development magazines.

Christine is a proud mother of four grown-up children, and deeply enjoying her being grandmother to her first grand child, a daughter. She is passionate about fostering co-creative loving-kindness in all aspect of life;

She loves moving in and out of having time to write and spending time in nature.

[www.christineschjetlein.no](http://www.christineschjetlein.no)