

31ST MAY  
- 4TH JUNE  
- 2022

# LEARNING LOVE 1

## The Foundation of Love

### 5 Day Retreat



with

**Adrian Wynter & Manjula Graziano**

In our search for meaningful connection and true intimacy we often hold ourselves back or even sabotage ourselves without even knowing why.

In this 5 day retreat you will learn why this happens and use practices that draw you away from reactivity and contraction, towards an open hearted way of living, able to respond and stay present to your-self and with others. With a mixture of theory, guided meditations, experiential exercises and celebration we will gently guide you towards a deeper understanding of your relationship to your-self and how that effects your relationship to others.



When we observe and then let go of the blockages, beliefs, traumas and misconceptions that obscure our true essence, love shines through us and is mirrored back to us.

We really look forward to welcoming you and sharing this beautiful journey with you.

For further information visit: [Learning Love 1 Retreat](#)



#### VENUE

House of Light  
Southern Spain  
[www.houseoflight.love](http://www.houseoflight.love)



Learning Love  
**LIVESTREAMS**  
with Adrian

#### COST

€650 per person  
(includes all meals &  
accommodation)

**Early bird €550**

(Deposit paid by 31/3/2022)



**House of Light**  
RETREAT CENTRE

Contact Adrian for further Information  
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