

Relationship Transformations Events

Workshops with Peter Kane

Peter holds Relationship Transformations events and workshops near Seattle in Redmond, Washington. If you would like to sponsor an event in your area, or have your name added to our mailing, please contact Peter.

WORKSHOPS with PETER KANE

Visit the website for the most current schedules.

CREATING INTIMACY

A powerful and all encompassing transformational weekend event. Peter uses a wide range of tools including breathwork to create successful relationships.

Call or email for upcoming dates Cost: \$290

WEEKEND BREATHWORK TRAINING

A beginning breathworker training, Peter's weekend has been said to cover more concrete information than schools that are six months long! There is plenty of process, too. The weekend breathworker school is great for professionals or those who just want an intensive experience.

Call or email for upcoming dates Cost: \$330

TEN-DAY BREATHWORK TRAINING

Ten days of intensive personal and professional training. Great for all levels of experience.

Call or email for upcoming dates Cost: \$575

ONE MONTH BREATHWORK TRAINING

The *One-Month* is Peter's most comprehensive course, giving you a complete training to become a professional breathworker. It is also an awesome transformational experience that many people attend for their own personal growth.

Call or email for upcoming dates Cost: \$1,800

THREE-YEAR SEMINAR

Meets six Saturdays per year for three years. Intensive personal support and ongoing topics, which go beyond Peter's other workshops. Open to 16 people.

Call or email for upcoming dates

Cost: \$90/session

CREATING INTIMACY

Understanding the beliefs and energies that we bring into our interactions with the world is the first step in understanding our relationships. To navigate all areas of our lives successfully we need to understand how our unconscious issues interact with the people and world around us. The first step to successful relationships is to understand how we are attracting, interpreting, and manifesting unresolved issues from our past. *Creating Intimacy* participants address the core issues they carry and recreate from their birth, family, society and past relationships. Once these issues are conscious we can then explore how we are recreating our past in our current relationships.

The nature of the metaphysical dimension of life is that we continually recreate unresolved issues and provide ourselves with the opportunity to heal them. In *Creating Intimacy* we will begin to shift our perspective from viewing our current issues as upsets or problems to opportunities for healing. In doing so we begin to experience our shortcomings as well as successes as a healing path. Life is not about accruing success on the outside; it is about becoming who we want to be on the inside. *Creating Intimacy* is about experiencing relationships as an expression of your life's purpose. It is about understanding how relationships not only help us heal, but guide us through soul lessons and facilitate focusing our purpose and passion.

Creating Intimacy is about creating a conscious present and future. As individuals we are in part the result of past relationships and the beginning of our present interactions. Our identity as individuals is the beginning of every interaction. Our relationship with ourselves is the basis for how we interact with the world. Whether past, present or future, it is relationships that we seek to resolve, have or attract. *Creating Intimacy* is about manifesting your hearts desire. It is ideal for individuals or couples.

Topics include:

- how your mind and emotional body work
- origins of unconscious beliefs
- how beliefs and sub-personalities interact in relationships
- authentic movement
- breathwork
- communication and more

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WEEKEND BREATHWORK TRAINING

Breathwork is truly amazing healing process. This weekend will be a powerful and fun chance to have two breathwork sessions and learn more about it and how to facilitate others. The training will be both personal and professional in nature and is suitable for those new to the process as well as experienced breathworkers. Some of the topics and processes will include:

- Two breathwork sessions
- Expressing and releasing emotions
- The art and science of breathwork
- The personal lie
- Movement therapy
- Conception, birth, and family patterns
- Relationship to clients.

TEN-DAY BREATHWORK TRAINING

This is an ideal format for thorough training in a short period of time. Like all of Peter's trainings it is great for personal growth and for professional training. It begins with a *Weekend Breathwork Training* and continues offering more in-depth and experiential training. The *Ten Day Training* also includes wet breathwork sessions and training.

ONE-MONTH BREATHWORK TRAINING

Peter created and has facilitated the **One-Month Breathwork Training** for the past 18 years. It is a dynamic group experience full of the most comprehensive breathwork training available, as well as a deep process of personal healing. Experiencing a month in this environment is an amazing way to accelerate personal growth and enhance your entire life. The program meets evenings and five weekends and begins with *Creating Intimacy*, a weekend event. The purpose of *Creating Intimacy* is to be free from:

- conception, birth, family, and relationship patterns
- unsupportive protection mechanisms (numbness and addiction)
- helplessness
- dependency patterns

More importantly, the purpose of *Creating Intimacy* is to be free as your Self—to have your identity as a human intact, worthy, and fully experiencing your passion for life and relationships! It is highly experiential, involving breathwork, movement to music, and inner parent/child work. The curriculum for the *One-Month* includes:

- the art and science of breathwork
- guiding the breath
- anesthesia/unconsciousness (emotional and chemical)
- energy release and body sensations
- dry sessions (all aspects); wet sessions; hot and cold (all aspects)
- consultations/facilitation
- relationship to clients
- the personal lie
- birth and relationships
- the unconscious death urge
- breathwork as a business
- creating spiritual community personal and group-support
- continued work with the material from *Creating Intimacy*

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More Information on One-Month Training: As mentioned above, the *One-Month* program is both a personal growth program and a comprehensive breathwork training. It is an amazing, deep, thorough, powerful, and fun experience. Although the topic is how to facilitate people and how to succeed as a breathworker, we encourage anyone interested in furthering their own personal process to attend, as well. We spend a lot of time sharing and doing personal clearing processes, so the program provides an intensive environment for all kinds of growth as well as an advanced study of the personal and relationship healing/clearing/transformation Peter offers. The program is an excellent way to learn how to better facilitate breathwork for your clients.

Accommodations: We can assist you in finding a place to stay while you're here. Ultimately this is your responsibility, but we have always succeeded in finding people places to stay. A majority of the group is usually from out-of-town, so don't feel alone in this adventure.

We also recommend you talk to Peter by phone. (425) 868-3335 or (800) 373-1718. He can answer questions or concerns and generally support you in keeping your excitement up enough to manifest this experience.

THREE-YEAR SEMINAR

The *Three-Year Seminar* is both an ongoing spiritual community and a training program which includes advanced topics not included in Peter's weekend workshops or *One-Month Breathwork Training*. The *Three-Year* will also include: Voice dialogue facilitation and training and occasional group breathwork. Each meeting will consist of movement, general sharing, and a topic. It begins with the *Creating Intimacy*. Thereafter it meets six Saturdays per year.

Topics:

- family patterns
- voice dialogue
- bonding patterns
- money
- birth and relationships
- physical immortality
- parental disapproval syndrome
- infancy/stages of growth
- desire and intimacy
- sacred sexuality
- immortal relationships

Topics and sequence of topics are tentative. Peter will structure topics to best suit the groups needs.