

Couples Practice Class

Personal development Ongoing group | Course leader Paul Allsop



The purpose of this class is to introduce and practise exercises for strengthening and deepening communication and contact within intimate relationships. The work is practical and couples learn tools to take home and implement.

The class has been organised in response to couples who have logistical problems in attending groups on a weekly or evening basis. The class takes place every four weeks on Saturday mornings and is limited to six couples. A minimum commitment of six sessions is necessary.

Dates for 2016

Saturdays:

Winter term: January 9, February 20, March 19.

Spring term: May 7, 21, June 25, July 16.

Autumn term: September 17, October 22, November 12, December 10.

The group will meet from 10am-1pm

Price

The fee for these sessions is £95 per couple, payable termly to Paul Allsop.

How to apply

If you are interested in joining this class please contact Paul Allsop through the website or on 020 8248 7844.

