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Hey Men,

"Wow, where has January gone?"

It's been a very busy month, I returned from the UK with a few good connections for my Men's Group Directory, and continued with my Development, The Directory is now called **Cecil's Hub - Worldwide Men's Group Directory**.



Men can do a **FREE** search for the nearest Men's Group to their location, with Australia and London Groups already on the integrated Google Map, with Canada

coming 'Online' soon. There will be MKP and Men's Shed Groups online (manually added) with the listing being available to be **claimed** by the actual Men's Group.

Existing Men's Groups can register **FREE** of Charge, to list extra information, like their next meeting, articles, photographs, Social Media links etc, they can upgrade to a 'Paid' Plan.

These plans cost them just **\$30 per Group, per year**, what a incredible deal.

[What's happening within the Men's Work arena in February...](#)

Community FORUM – Rebirth



When: February 5, 2019 @ 6:30 pm – 10:00 pm

Where: Second Story Studios, 222 Johnston St, Collingwood VIC 3066

Cost: Free - \$22

Contact: Gero and Stacia

Email: connect@theartofrelating.com.au

More Info:

Community FORUM returns in 2019

Community FORUM is a monthly space to connect and explore the possibilities of

what it means to be human; alone and together.

Through the inspiration of community members and with support from The Art of Relating and Second Story Studios, Community Forum continues as monthly social events where humans can gather, be present, speak, express freely and be heard.

Each month (on the first Tuesday) we will begin with 20-30mins of interactive stimulus as a catalyst for the

Forum (more information on the ZEGG Forum process in details below).

The stimulus may be a panel Q&A, video clip, poetry, presentation etc. along with the discussion?

6:30 pm – 1st Arrival *, grab a cuppa, chat, connect

6:50 pm Stimulus

7:20 pm Break & 2nd Arrival *

7:30 pm – Forum (including 10min break)

9:30 pm – Harvest & monthly intention

10 pm – Close

* There will be two arrival times. 1st between 6:30 & 6:50 pm when doors will close for the Stimulus 2nd at the break between 7:20 & 7:30 pm when doors will be locked for the evening.

IMPORTANT NOTES:

All attendees **MUST** commit the Agreements as listed in the details below **PRIOR** to attending. When you book your ticket you will be asked to commit to the agreements.

OR

If you are choosing to pay cash on the door we ask that you e-mail with a commitment to the agreements at angelafaith4@hotmail.com.

If you're a last minute decision maker you can sign the agreement at the door. Please allow enough time to do this before doors closing time.

“Each story/feeling/expression that I shared, allowed a greater sense of space and understanding within myself and I recognised that bearing witness to the expressions of others did the same. I felt they were releasing stuff in me that I did not even know was there. I felt freer through the free expression of others. I believe this is the power of collective sharing in honouring spaces.” Ange

We invite you to come along and experience community – bring whatever is in your heart and/or on your mind.

[More information:-](#)

Tantric Polarity: Yin & Yang



When: February 5, 2019 @ 6:30 pm – 9:30 pm

Where: Pulse Brunswick, First Floor, 149 Glenlyon Rd, Brunswick VIC 3056

Cost: \$75 (\$125 Couple)

Contact: Amitayus

[Event Website:](#)

Tantric Polarity: Yin & Yang

Remember that book Men are from Mars, Women are from Venus? Here's a 21st-century take on this fun and important topic, steeped in ancient Tantric principles.

This workshop will be filled with fun practices that will help us shift the way that we interact with the Feminine and Masculine, within and without. We will playfully cultivate the Tantric view of Honoring the Sacred Masculine and Worshiping the Divine Feminine.

We all have a feminine and masculine essence that needs to be discovered, tended and empowered. While our unique authentic nature is somewhere on the spectrum of these polarities, we could all use some practice awakening and listening to both the masculine and feminine within us.

Unveiling the secrets of polarity directly impacts all of our relationships, as it brings more compassion to ourselves, to the unconscious beliefs we've grown up with and in understanding and empathizing with others and their tendencies and programming. Tantric Conscious Relationships also gives you the tools to become more mindful and present, surrender deeper, and free yourself from patterns that you no longer need.

This 3-hour workshop, for all sexual preferences and orientations, will give you the tools to improve any relationship – with yourself, with partners, and with Source. Playful, practical theory and exercises will help you:

- begin to reveal and empower your innate sexual essence
- worship the feminine in yourself and others
- revere the masculine in yourself and others
- identify more empowered stages and models of relationship
- become more compassionate towards yourself
- improve your interactions with others
- relax into your true state of being
- see the divine in yourself & everyone

Note: *There is no sexual touch or nudity in this workshop*

[Reserve your space here:](#)

[For more information see:](#)

Traditional Wooden Longbow Making ~ Surfcoast Vic.



When: February 9, 2019 @ 10:00 am – February 10, 2019 @ 5:00 pm

Where: Freshwater Creek VIC 3217, Australia

Cost: \$310-\$350

Contact: Lars ~ Narrative Yoga +61402322200

[Event Website](#)

TRADITIONAL WOODEN LONGBOW MAKING

Tapping into the wisdom of your ancestors

Awareness: Connection

Make a Traditional Wooden Longbow with world renown Archer, Yoga Teacher, & Holistic Life Coach Lars Richter.

All experience levels welcome.

Lars is passionate about making traditional skills accessible to everyone with an interest, and in the practical application of these tools in our 'day to day' life. A bow can be used not just as a sport or a tool to hunt for food, but as a discipline, meditation, or spiritual practice as in the popular 1930s book on Zen Buddhism, Zen in the

Art of Archery. Our most celebrated quote is, "In the case of archery, the hitter and

the hit are no longer two opposing objects, but are one reality.” It points to the experience others have since described as “flow” or being “in the zone”.

This workshop offers much more than making a longbow. By focusing on moving from within, & observing your mind and energy flow, Lars will show you ways to reconnect; ground with the Earth & get in touch with your true self, by exploring the art of making a longbow and learning the skills to use it. This can be a truly awakening and life changing experience.

Lars has been teaching longbow making and other traditional skills to both children and adults in Victoria, interstate and overseas for more than 4 years, and has helped many people make significant changes in their life.

Offering his knowledge and experience as a Holistic Life Coach through his business ‘Narrative Yoga’, Lars has studied Yoga, Qi-Gong and similar energy work practices since 1996. He has been teaching Yoga and Meditation in Germany since 2001 and running workshops overseas since living in Australia. He holds a diploma in Transpersonal Counselling and has extensive knowledge and experience in wholesome living.

YOUR LEARNING:

You will come away from the workshop with your own Wooden Longbow, as well as the knowledge & skills to make many more. You will learn how to make a bowstring that perfectly complements your own bow, & understand the art of tillering (the process of carefully removing wood to cause the bows to bend in optimal arcs). You will learn how to tiller your bows to precise measurements of draw length and draw weight so that they are suited to your individual needs. After the bow is functionally finished, the bow is brought to an aesthetically pleasing finish with fine sanding and oiling.

[For more information.](#)

The Razor’s Edge Masterclass ~ Advanced Money Mindset



When: February 13, 2019 @ 7:30 pm – 8:30 pm

Where: Weekly Zoom Meeting - Online

Cost: \$197-\$297

Contact: Michael Lauria

This is the FINAL Fully Mentored Intake for this Course...

LIMITED TO ONLY 10 PLACES

- Do you feel like you're treading water in life, most of the time?
- Do you look at your life and say... there must be more?
- Do you wish you had more money, a better career, a healthier relationship and to be able to provide for your family at a higher level?
- Are you ready and committed to creating something different in your life than what you currently have and becoming the Man you always envisioned you would be?

ABOUT THE RAZOR'S EDGE

The Razor's Edge is a powerful program, and is the first step in your lifelong journey towards an increased level of Self Awareness which will ultimately result in:

- Job promotions and career progression
- Business growth
- Improved relationships
- Increasing your wealth
- Outstanding results in the workplace

- A deeper sense of self-worth
- Overcoming fear
- Reduced or eliminated stress, anxiety, and depression
- Increased your net worth and/or salary
- Increased confidence

plus so much more...

HOW IT WORKS

This program is delivered via weekly Zoom calls and supported by a secret Facebook group which allows you to share your learning experience with the other participants. There is also exclusive BONUS content which is available throughout the program to ensure your experience is all-encompassing.

Our facilitator, Michael will guide you and the group as a whole through this life-changing and powerful program, based on the book by Bob Proctor "You Were Born Rich" (which you receive a FREE pdf copy of) ensuring you don't miss the crucial principles that have the power to change your world.

This final intake kicks off on Monday 4th February, for 12 weeks.

Spreading out the content ensures you receive the full benefit of the activities, content, and coaching.

This Final Intake is limited to only 10 Focussed and Driven Men & Women who want to experience MASSIVE Transformation to make 2019 their very best year yet.

This course runs until April 3rd 2019

Here is your link to register: <https://www.stickytickets.com.au/81288>

Victorian Aboriginal Men's Gathering

Victorian Aboriginal Men's Gathering

Venue:
AAMI Park
Olympic Blvd

Dates:
Thursday,
14th February, 2019

Time:
9am - 4.30pm

DONT MISS OUT

SUPPORT THE PERSON
CHALLENGE THE BEHAVIOUR

Healing our spirit and speaking up against Family Violence

ENTERTAINMENT & KEY NOTE SPEAKERS

For further information and registration please contact
Coree Thorpe on **0477 233 343**
Peter Robinson on **0438 363 589**
www.dardimunwurro.com.au

When: February 14, 2019 @ 9:00 am – 4:30 pm

Where: Aami Park, Olympic Blvd, Melbourne VIC 3004

Contact: Coree Thorpe 0477 233343

Its come round again MEN, Victorian Aboriginal Men's Gathering Happening on Thursday, February 14th 2019. Please share with your brothers and friends

Men of Majesty Course



MAX IMANA PRESENTS

Men of Majesty

Vitality Embodiment and Energetic Mastery Initiation

3 Month Course - Fortnightly 4 Hour Seminars

The Fairfield Boathouse

Starting 23rd Jan at 6:30pm



When: February 20, 2019 @ 6:30 pm – 10:30 pm

Where: Fairfield Park Boathouse, Fairfield Park Drive, Fairfield VIC 3078

Contact: Max Imana 0413 658997

Email:

Event Website:

Dear brothers,

I have designed this amazing transformative course for you to bring out more of the awesomeness I can see in everyman but perhaps like I did most of my life, you find it hard to bring it out into the world.

The side of you that is majestic; a balanced, self-assured, centred, grounded and calm man.

With a big open heart!

I invite you to start the New Year on a trajectory of cultivating a deep level of self-awareness and inner peace.

Share this with a man you love dearly!

One Love, only 12 spots available, apply now: <https://maximana.com/men-of-majesty-course-application/>

3 Month Course, Fortnightly 4 hour sessions.

TRE Workshop – Melbourne



When: February 23, 2019 @ 9:30 am – February 24, 2019 @ 4:00 pm

Where: Greensborough Masonic Centre, 23 Ester Street, Greensborough VIC 3088

Cost: \$160 - \$585

Contact: Richmond Heath 0409 357 964

Event Website:

This workshop is open to anyone seeking to learn TRE for ongoing personal use including the general public

During the workshop, TRE will be taught as a self-regulated technique for people without any major medical or mental health concerns.

If you have any major medical or mental health conditions, have a history of complex or severe trauma, are pregnant or have any concerns about your suitability to learn TRE in a group environment, please contact the workshop facilitator before registering for the workshop.

Attendance at a 2-day introductory TRE workshop such as this one counts as the pre-requisite to an application for 2020

Certification Training Program to learn to teach TRE professionally.

WHAT YOU WILL LEARN (12 contact hrs):

Day 1: Tremors, Trauma & TRE

- Morning TRE session – Quickstart TRE (invoking tremors simply lying on the floor)
- Afternoon TRE session – Quickstart TRE
- Destigmatising & reframing shakes & tremors as a positive recovery resource
- How traditional cultures have used neurogenic movements for health, healing & spirituality
- Polyvagal theory & our 3 primary autonomic nervous system states
- The role of neurogenic movement in reducing stress, bracing, physical tension & chronic pain
- Why neurogenic movement has a deeper effect than general exercise
- Why embodiment is a key to building resilience & coping capacity

Day 2: Tremors Beyond Trauma – Growth, Vitality & Resilience

- Morning TRE session – full TRE lead in exercises to deepen the tremor experience
- Afternoon TRE session – TRE for grounding, centring & presence
- Integration of overnight responses & refinement of self-regulation
- How neurogenic movements deepen embodiment & reconnect us with our body
- The role of fascial unwinding in restoring natural movement patterns
- Neural plasticity & how to get the most out of TRE on an ongoing basis
- The use of TRE for creativity, personal growth & accessing Flow State
- The growth & development available through the ongoing use of TRE

[For more information see](#)



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