



# Relating *Reimagined*

## AN EXPERIENTIAL ONE-DAY WORKSHOP ON RELATIONSHIPS

*Relating Reimagined is a one-day workshop for anyone who wants to understand how they show up in relationship, and how awareness creates movement, choice, and deeper connection.*

*An invitation to experience relationship as a doorway to growth.*

- 1 Gain clarity about your relational patterns
- 2 Respond with choice, not reaction
- 3 Deepen how you show up in relationship
- 4 Put language to unspoken experiences
- 5 Take practical tools into everyday life
- 6 Strengthen compassion for yourself and others



## WORKSHOP LED BY *Myrna Lewis*

**JOIN NOW** 

[WWW.LEWISDEEPCRACY.COM](http://WWW.LEWISDEEPCRACY.COM)

SOUTH AFRICA • GERMANY  
BELGIUM • NETHERLANDS

Lewis  
**DeepDemocracy**  
WISDOM IN THE NO

# You are invited to join



## Relating

## Reimagined

### INTRODUCTION

Lewis Deep Democracy has launched Relating Reimagined, a one-day workshop introducing a new pathway within the work: **Relationship Work**.

Relating Reimagined offers individuals a focused opportunity to **explore how relationships shape experience and influence how we show up** - both personally and professionally. The workshop builds awareness of relational patterns and how increased awareness can create movement, choice, and deeper connection.

What sets Relating Reimagined apart is its experiential design. Rather than focusing on theory alone, the day is structured around reflection, paired processes, and group exploration, supporting participants to engage directly with relational dynamics and apply learning in everyday life.

As a result, Relating Reimagined supports greater clarity in relationships and a more grounded, effective way of navigating connection, tension, and change.

### PROGRAM OVERVIEW

Relating Reimagined is designed to introduce participants to Relationship Work within Lewis Deep Democracy through a structured, one-day workshop.

The programme **blends guided reflection, paired processes, and group exploration** to support participants in engaging directly with relational dynamics as they arise. Rather than focusing on theory or models alone, the day emphasises awareness, lived experience, and practical application.

The workshop provides a clear framework for exploring how relational patterns form, repeat, and shift across different relationships. Participants are supported to translate insight from the day into practical understanding they can carry into personal and professional contexts.

*“How do our **outer** relationships reflect and shape our **inner** world?”*

## DATES & LOCATIONS

### SOUTH AFRICA

09:00 - 17:00

- Cape Town - 24 April 2026
- Johannesburg - 8 May 2026

### GERMANY

09:30 - 17:30

- Hamburg - 5 June 2026

### BELGIUM

09:30 - 17:30

- Leuven - 13 June 2026

### THE NETHERLANDS

09:30 - 17:30

- Amsterdam - 27 June 2026

Each workshop is a full-day, in-person experience led by Myrna.

Venues will be confirmed soon. Light lunch and refreshments are included. Places are limited. **Full pricing and details are [available here.](#)**

We recommend securing your place early.

*Lewis Deep Democracy reserves the right to reschedule session dates and times, or to postpone or cancel a program should the minimum number of participants not be met.*



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Myrna Lewis

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## CONTACT US

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