

# Healthy Adult Relationships

## The Final Frontier



In this three part VAST Institute® best practices course you will learn and refresh:

- What you value most in life.
- How to easily translate what you value into healthier adult relationships with friends, family, lovers, partners, colleagues and even wannabes.
- How to be more honest, genuine and set good boundaries with new and older relationships.
- “See It Sooner” and handle It more gracefully before people “Go South” on you.

Create a strong foundation for sustaining long-term relationships in your intimate, professional and social world.

Consider bringing a friend or sweetie to this innovative and provocative learning opportunity.

This Vast Institute® Healthy Adult Relationship Series is designed as a refresher course on the “How To’s” of establishing and sustaining both a positive and nourishing connection with the most important people in your life. We offer a safe environment to explore and discover your most lovable, whole and powerful self. During this course you will learn to appreciate your self and others in a new and empowering way plus, brush up on your “Sweetheart Skills” and develop a solid foundation for creating a Sacred and Healthy Partnership.

We encourage you to invite friends and loved ones to join in as well.

To reserve your place please complete the attached registration form or contact:

Michelle Sherman at (206) 935-7872, or  
E-mail at [coach@vastjoy.com](mailto:coach@vastjoy.com)

### Class Location

Friends, Philosophy and Tea House  
13850 Bel-Red Rd  
Bellevue, WA 98005  
(425) 641-4364  
(Across from Applebees)

### THE VAST INSTITUTE

PO Box 16721  
Seattle, WA 98116  
Phone: (206) 935-7872  
Fax: (206) 935-1913  
E-mail: [coach@vastjoy.com](mailto:coach@vastjoy.com)

Vast Institute®  
Healthy Adult  
Relationships  
Series

Class Dates  
June  
5th, 12th & 19th  
Saturday  
Mornings  
9 AM—12:00 PM

Explore This  
Final Frontier



## Healthy Adult Relationship Series

### How to Create and Relate with Greater Ease

#### What is a Healthy Adult Relationship?

One within which each person is free to learn, grow and thrive as their unique and most precious self.



The first step in having a “Healthy Relationship” is to know your self a bit better.

During the first of these three courses, we will explore the powerful connection between your personal value

system and having healthier, realistic and satisfying adult relationships.

This class is brimming with tips and best practice skills shared in the success coaching model of Michelle Sherman over the past 20 plus years.

“Most of us are gifted individuals who are seeking a more confident approach to life. At The Vast Institute we develop skills and learn perspectives designed to show you how to create a magnificent life on your own terms”.

#### Healthy Adult Relationship Series “Part One”

Saturday June 5th - 9:00am- 12:00pm

Tuition: \$150 per class - 3 class series \$425

VAST client / TSN Member \$125 per class  
3 class series \$375.

In this three hour VAST Institute® “Best Practices” course you will learn and refresh:

- What you value most in life.
- How to easily translate what you value into healthier adult relationships with friends, family, lovers, partners, colleagues and even wannabes.
- To be more honest and genuine with new and older friends.
- “See It Sooner” and handle It more gracefully before people “Go South” on you.

Create a strong foundation for sustaining long-term relationships in your intimate, professional and social world. Consider bringing a friend or sweetie to this innovative and provocative class.

#### Part Two: Boys, Girls, Sex and Romance

A few important things your mom and dad forgot to mention.

Saturday June 12th, 9:00am-12: 00pm.

#### Part Three: The Sacred Union

The “How To’s” of establishing a spiritual partnership.  
Saturday June 19th,  
9:00am-12: 00pm

To learn more or reserve your place for this amazing series, contact: Michelle Sherman at (206) 935-7872, or via email at [coach@vastjoy.com](mailto:coach@vastjoy.com)



### Registration Form

Healthy Adult Relationship Series	# of Attendees	Total
<input type="checkbox"/> Tuition Full Series \$425	<input type="checkbox"/>	_____
<input type="checkbox"/> VAST Client/ TSN Member \$375	<input type="checkbox"/>	_____
<input type="checkbox"/> Individual Classes \$150 each VAST Client or TSN \$135 each	<input type="checkbox"/>	_____
		Total: _____

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

Method of Payment

Check

Invoice / PO # \_\_\_\_\_

Visa

MasterCard

American Express

Credit Card # \_\_\_\_\_

Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

### THE VAST INSTITUTE

PO Box 16721

Seattle, WA 98116

Phone: (206) 935-7872

Fax: (206) 935-1913

E-mail: [coach@vastjoy.com](mailto:coach@vastjoy.com)