

Workshops

The NYD WWWW (Who What Where When)

This page lists the workshops, the workshop leaders and any helpers, and what the workshop is about. For an actual workshop schedule, please check the [Camp Activities](#) page which has a day by day, hour by hour schedule of all camp activities.

Sacred Garden ([Website](#))

Introduction

Interactive workshop for couples and singles to learn how to unlock a superpower of transforming your relationship into your personal Sacred Garden of understanding, healing, and unity.

The workshop includes learning about different types of conflicts in relationships, common mistakes people make during conflicts, and ways to resolve them so that you become closer as a couple and move towards Mature Love stage of your relationship.

There will also be exercises to practice these skills and get ready to use them in real life in the future.

Workshop led by

[Viktor Yershov](#), a former software engineer who now helps people build healthy long-term relationships through Communication, Emotional Intelligence, and Compromise.

He created the Sacred Garden program, which is based on the latest scientific research and the work of top relationship psychology experts. His primary focus is on making the program easy to understand and use, even for those who have never studied psychology or learned how to build relationships.

Workshop name (template)

Introduction

What is the workshop about, and why should people attend

Workshop led by

Who is leading the workshop, as well as any helpers (include background of workshop leader)

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