

**Live life fully while you're here,
experience everything!**

The HEART & SOUL match-making service is focused at providing you an intimate, more private setting in which to meet your potential match.

HEART & SOUL events is our endeavour to help facilitate meaningful social interactions for those who are open to meeting a variety of people in an exclusive but more social ambience.

To bring you a whole new dimension towards creating an exclusive experience just for you, HEART & SOUL brings a dessert master class followed by social mixer.

Get yourself ready for preparing the quality desserts you always dreamed of making!! While getting along with new people. Sounds interesting? Get your tickets now and get special early bird discount till 16th July.

Upcoming Events

We are pleased to announce our upcoming event for the month of July 2018

22nd July, 4 to 7 pm

For singles in age groups from 25 to 35 yrs and 33 to 50 yrs.

Fees:

***Early Bird Rate Rs 2,000/-**

Dessert master class followed by two drinks and appetizers

****Regular Rate: Rs. 2.500/-**

Dessert master class followed by two drinks and appetizers

*Early bird rates apply, if payments are made before 16th of July 2018

**Regular Rates apply, if payments are made on 16th July onwards

Please note: All payments need to be realized **before** the commencement of the event by 6 pm on 22nd July. No walk-ins or payments at the gate will be entertained.

Venue: Venue details will be revealed post screening process

Attire: Smart Casual

Deadline: Register by 12th July. Make your payment by 20th July at the latest. We need to give the venue a head count so kindly adhere to the above dates.

Editor's Note

Dear Friends,

Thank you for attending my workshop on empowering you and being such an amazing contribution to my events and workshops. It gives me boost to carry on. In this month's editor's note I would like to talk about destructive behavior that ruins relationships.

At the very beginning of a new relationship, it's not uncommon for people to be on their best behavior, so to speak, and to be overly conscientious and hide any characteristics that they view as flaws. As time goes on, however, people tend to sort of revert back to how they really are. They get more comfortable in the relationship, perhaps, and start to show people their personality, bad habits and all. There are some relationship behaviors, however, that experts say you need to quit doing because they can cause real harm in your relationship. Although not all not-so-great relationship behaviors or habits will result in an immediately-damaging effect, they can take a toll over time.

Stop nagging them or being overly-critical.

It can be tempting to gripe about missed opportunities, neglected responsibilities, or broken promises, but if you cross the line from helpful reminders to nagging or all-out criticism of your partner, you might need to reevaluate, especially if you notice that you're doing it more and more. "[W]hen we're in that space, we're just in a space of all sorts of negativity," There's no room for any love or romance to flourish because we're constantly looking at what is lacking in our relationship as opposed to focusing on what is going well and what is flourishing. It's like putting a plant in a dark closet instead of outside where the sun and the rain are." That's definitely not what you intended to do — and can really wear your partner down after awhile. They might get frustrated, sure, but they also might start to feel like they're constantly walking on eggshells. No one wants to live like that.

Stop expecting that they just know what you're thinking.

You know all about that couple that claims they can finish each other's sentences, they're always so in sync (OK, maybe that's a couple from a movie), but in real life, you can't expect that your partner will always know what you're thinking or what you need without ever vocalizing things. "People are often afraid to ask for what they need in a specific situation" "They come to their partner looking for something specific and then get frustrated when that is not what they get from them." If you don't tell them what you want or need, not only do they not necessarily know what it is that you want or need, but you take away an opportunity to let them give it to you, You're on the same team when you're in a relationship, but they can't help if you don't let them.

Stop letting distractions get in the way when you're together.

"Quality time isn't really quality time if you're not connecting," This is a frequent contributor to getting in a rut, routine, or feeling bored or disconnected in your relationship. Research has shown that [recent generations are having less sex than past generations](#) when they were the same age. Technology is a big part of this." It can be difficult to put down the phone, shut off the computer, or even give the TV a night off every so often, especially if those things are part of your regular routine — and for many people, they are. But taking time away from distractions to spend time with your partner will strengthen your relationship. Plus, you'll actually get to enjoy their company, rather than competing with something else for their attention.

Stop letting your needs fall by the wayside.

Yes, you're part of a partnership, but you're also an individual who has your own interests, needs, and the like. Though it can sometimes be easier to remember that when you're single, it's important to continue to cultivate those and take care of yourself when you're in a relationship too. "It can be easy to fall into spending all your time together, or feeling upset if your partner has some of their own activities," Montgomery said. "It's obviously great to have shared interests but maintaining a healthy level of independence is good for you and good for the relationship! Spend the time you are apart from your partner focusing on activities, hobbies and relationships that are important to you. This makes you a stronger partner and keeps the relationship interesting." Don't lose yourself entirely in your relationship.

On that note look forward to seeing you all on 22nd July

Reemma Dalal
Founder
Heart and Soul Events and Matchmaking Service

Testimonials

"Reemma was very thorough reviewing and vetting matches to suit my requirements. She kept in mind my preferences and was sensitive and accessible during the process. Her efforts helped me find a successful match". - Anonymous

"Reemma asked the right questions to understand my likes and dislikes. She was very fast in responding which helped me find my partner". - Jasmine B

About our events: Our events are held at carefully selected venues where you can feel at home & mingle in a non-intimidating environment.

With the exception of a one off day event, our events are usually at a convenient for working professionals 9 pm to midnight.

The Idea

The events are broken up into 2 parts:

- **9 pm to 10.30 pm** will be introductions where you will meet other attendees, make stimulating conversation over unlimited wine or mocktails & finger food. Interact, talk about your-self, enjoy common interests & just soak in the experience. In our effort to make it more interactive, we may have a fun game or two to break the ice!!
- **From 10.30 pm to midnight**, you are free to interact with attendees in a fun, secure party like setting.

Our humble suggestion:

To get the best out of such evenings, please try to focus on the overall experience. Savour each interaction, feel the vibe & try not keeping a count or an account of "how many" you meet or the number of drinks etc. please appreciate we are trying our best to provide you with a one of a kind opportunity to meet, interact & possibly you taking things forward with the right person.

Screening Process: All new Attendees are required to fill out a registration form and undergo brief phone interview. The venue and payment details will be disclosed post successfully undergoing screening process. Please email us at

info@heartandsoulevents.in to get a copy of the registration form. Past attendees don't need to undergo the screening process.

Things to keep in mind before attending our event

- If you are not on the guest list, you won't be let in. This event start post dinner at 9:00 pm and ends at 12:00 midnight. We request you to come on time so that you have a chance to settle in and meet everyone before the music is turned up.
- You must be legally single & NOT in a relationship to join our events.
- At the registration desk, you will need to register & collect your Name Tag.
- The full payment of Rs. 2,200/- will be collected in advance before the event. At the day of the event, no payments will be entertained at the gate.
- We try our best to maintain a balanced ratio of men and women, and request you to inform us in case you have a change of plans.

Match Making Services

Dear Friends,

We fully understanding that Match Making is the most sensitive phase in the Heart & Soul process & we have taken every little bit of care to ensure that it is smooth, safe & most importantly discrete for your comfort. We at H & S will meticulously only put forward those matches where we feel a 90% > level of compatibility. The most rewarding feeling for us would be when it works out for you. Your joy.

How It Works

Inclusions:

- ✓ I will meet you personally over coffee to understand **your needs & an idea of what you desire in a match.**
- ✓ We will **short-list about 10 to 12 suitable profiles** out of which you will get to physically meet 6 matches (6 people).
- ✓ A 2-hr personalized session on **"TOOLS for EFFECTIVE COMMUNICATION"** with our Communication Specialist.

Commercials:

- ✓ Total Fees for all above inclusions: Rs. 22,500/- to be paid in advance before commencing services. (Rs.22,000 + Rs 500 registration fee)

Things to be kept in mind while signing up:

- ✓ Registration form to be duly filled & signed.
- ✓ Payment Methods:
 - Bank Transfer
 - Details as below: Cheque to be drawn in favour of "**Reemma Dalal**". Request you to ONLY use either of the payment options. No cash either sent through a courier service or sent via any third party at my residence will be entertained.

The First Meeting: Meet with us over coffee so that we can get to know you, and understand your relationship goals. If a face-to-face meeting is not possible, such as in the case of clients based outside Mumbai, then a phone interview can be arranged.

Procedure:

- We send you the first profile of a potential match based on your preferences.
- Please note that we will need to share some of the information and photographs with clients/potential matches only. We will need your written permission for the same.
- It's really not our business how you decide to handle incurred costs (coffee, lunch or dinner) once you decide to meet your match. We leave such decisions to you and your match.
- **Important:** We will try our absolute best to have the fastest turn-around time, however, please give us ATLEAST a week to a MAXIMUM of 10 days to work on your match/es.
- If you approve of the profile, we will fix a mutually convenient date and time to meet, and do an email introduction so that both parties could take it forward. Please note that for whatever reason you change your mind and do not wish to go ahead with the meeting, it will be still be counted as a match.
- **Reason:** Keeping your needs in mind, we select the best match/es for you. Unless you MEET them in PERSON, you will not get the best idea of compatibility. Request you not to make meeting decisions based on chat or e-mail exchanges you have had with the person.
- **Don't judge a book by it's cover:** Just like we strongly recommend that you DO NOT make decisions about meeting or otherwise based on chats or e-mail exchanges, here, we urge you NOT to judge the matches we send by appearance (most people are better in person, anyway☺).
- Send us your feedback after the meeting, before we send you the next profile.

Disclaimer: Despite our screening process & taking every effort to ensure that we provide you with the best experience, in areas such as financial background, astrological compatibility, family history and other such related aspects, we request you to find out accurate details on your own.

Terms And Conditions

A MUST – NON NEGOTIABLE:

- The Clients and Their Potential Matches Should:
- Be legally single, not dating anyone exclusively, and open to the possibility of settling down with the right partner.
- Must ensure that all personal information provided be genuine & any attempt to mislead via false information will result in immediate termination of services & NO REFUND requests will be entertained.
- The Total Fee is Non-Refundable & Non-Negotiable.
- The fees are uniform for ALL. No special requests will be entertained.
- The service has been designed as an offering to be able to provide you with a holistic experience. Should you wish to not avail of a particular component of the offering, there will be no reduction in fees.
- In the event that you wish you discontinue services altogether, fees are non-refundable
- In the event that you are genuinely busy or travelling, we can put your case on hold for a maximum period of 3 months, post which you will have to renew the match making service membership.

Other things to keep in mind:

- The Total Fee is Non-Refundable & Non-Negotiable.
- Fees will differ depending on the Venue.
- The fees are uniform for ALL. No special requests will be entertained.
- The service has been designed as an offering to be able to provide you with a holistic experience. Should you wish to not avail of a particular component of the offering, there will be no reduction in fees.
- Heart & Soul will not be held responsible for any false or misleading information provided by members. Any member intentionally providing false or misleading information will be banned from further participation.
- Heart & Soul is not responsible for what takes place outside of the events or 1-on-1 meetings.
- Our familiarity with our members is limited to information provided on the registration form, and our brief interactions with them, and are by no means character references. We encourage members to take the time to get to know each other before making any commitment.
- If you have a complaint about the behaviour of our members during events or 1-on-1 meetings, we encourage you to inform one of our team members.
- The venue

Payment Options

To be disclosed post screening process.

