

**"Dance is the hidden language of the soul of the body" - Martha Graham**

At the back of a fun and quirky mad hatter's party and very informative workshop on my perfect 'Relationship' Heart and soul brings you a fun foot tapping mixer.

Now, it is time for you to let loose, groove to the music and step out of your comfort zone for some swing and twist.

## Upcoming Events

### EVENT DETAILS:

**I AM PLEASED TO ANNOUNCE MY UPCOMING SOCIAL MIXER FOR THE MONTH OF JUNE**

### DATES:

**2<sup>nd</sup> June open to singles 25 and above**

**TIME:** 9 to 12

### FEES:

- **EARLY BIRD RATE:**Rs 1500 which includes two wines/mocktails and appetizers
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- **REGULAR RATE:**Rs 2000 which includes two wines/mocktails and appetizers
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- **Early bird rates apply** –if payments are made **before 27<sup>th</sup> May**

**Regular Rates apply**—if payments are made **27<sup>th</sup> May onwards**

**Please note – All payments need to be realized BEFORE the commencement of the event – by 2<sup>nd</sup> June.** No walk-ins or payments at the gate will be entertained.

### VENUE:

Venue and payment details revealed post screening process

### ATTIRE:

Smart Casual

### DEADLINE:

**Register by 21<sup>st</sup> May Make your payment by 27<sup>th</sup> May at the latest to enjoy early bird rates.**

### SCREENING PROCESS:

All new attendees are required to fill out the registration form and undergo a brief phone interview. The venue and payment details will be disclosed post successfully undergoing the screening process.

## Editor's Note

Dear Friends,

It was pleasure to see everyone at the last month's Mad Hatter's tea party and workshop on my perfect relationship. Thank you for being such an amazing contribution to my workshop's and events.

In this month's editor's note I would like to talk about importance of gratitude in relationships. Not only does expressing gratitude make the recipient feel good, it affects both parties. Gratitude strengthens our interpersonal relationships. Through this feeling of gratitude, we identify people who are more responsive to our needs, bringing us closer.

When it comes to maintaining relationships, people who feel appreciative of their partners are more receptive to their needs. Moreover, those same people prove to be more committed to their relationships, and are more likely remain in the relationship months later.

In addition, gratitude can help relationships thrive by promoting a cycle of generosity. For instance, one partner's gratitude can prompt both partners to think and act in ways to help them signal gratitude to each other and promote a desire to hold onto their relationships.

### **Gratitude helps improve relationships**

Gratitude also helps people *work* on their relationships. The realization that your partner is valuable, and choosing to act according, may help them feel more appreciated. This goes back to the cycle of generosity: people report being more thoughtful and responsive to their partners' needs on days when they feel more grateful for their partners.

This makes sense; we are naturally more attentive toward our loved ones needs when we aren't taking them for granted. The trick is finding ways to put gratitude into action.

couples came into the lab and talked about important topics in their relationships. The findings demonstrate that participants who are more grateful for their partners tend to be more caring and attentive listeners during these discussions – a key for promoting intimacy in relationships. These conclusions suggest that gratitude may help people gain and maintain that intimacy.

### **Gratitude improves relationships with co-workers and friends**

When it comes to the workplace, showing gratitude will build stronger relationships and help you get better results on the job. By giving compliments, speaking up in team meetings, bringing in treats from home or emailing your boss, you better open up the gates of communication so that people will feel more comfortable approaching you with new projects or to address issues quickly.

With friends, sending a text after a lunch date or saying that you're thinking about them may just make their day. It can also bridge the gap between visits if you're super busy or live far away.

Show your partner, coworker or friend that you're thankful for them today!

On that note I look forward to seeing everyone at my foot tapping dance Mixer on 2<sup>nd</sup> June.

Yours sincerely,  
Reemma Dalal  
Founder  
Heart and Soul



## 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](mailto: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.
- Come with an open mind, and put your best foot forward. We will be around to introduce members to each other, however, we encourage you to be proactive too!
- Please be respectful of everyone at the party. We suggest exchanging email / Facebook IDs before phone numbers.
- If someone asks us for your contact information after the event, we will share your email ID with them unless you've specifically asked us not to.
- Please try not to 'hog' anyone's time, and give guests a chance to meet others.
- Please refrain from using the events to promote your business.
- Valet service will be available at the venue. You may try to request the valet to park your car.
- The fee is non-refundable, non-transferable, and cannot be used for a future event.

## Testimonial Events and Workshops

Event:

- Lovely event, lovely people
- Great event, lovely venue

## 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 favor 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 its 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

## 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 behavior 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.

## 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.

