

# Couples Retreat

with John Grey, Ph.D.

Located in Sebastopol, California

Call (707) 829-2291 or (707) 536-5781



For over 25 years, John Grey, Ph.D. has helped couples to succeed in creating happy, healthy and rewarding relationships. He offers a uniquely powerful couples retreat in Sonoma County, California.

The couples retreat offers a fast track to positive change — an intensive, supportive place to achieve profound results.

In a concentrated program, your relationship will be transformed. And you will take home key tools to keep your relationship growing on a positive track.

*"I don't know how to begin to thank you for all you did for my partner and me, and our relationship..." — past clients (see letter below)*

## Transforming Your Relationship

Our couples retreat is unique in how it creates deep, personally meaningful change. It isn't a workshop. It isn't a one-size-fits-all program. It isn't based on religion.

Your retreat will be tailored to meet your specific goals, needs and circumstances. The tools you will gain, and the work you will accomplish, is personalized for you in a way that supports you to achieve your goals.

Your retreat is presented by John Grey, Ph.D. John got his Doctorate in Psychology from Stanford University, the top psychology department in the U.S.A. In working with you, John masterfully draws from a broad range of state-of-the-art strategies, tools, and interventions to help you to achieve the positive changes you want.

After attending a retreat with John, couples report that they return home with renewed spirits, having vital new tools and strategies to keep building on positive changes they make. Their relationships grow in visible ways: marriages saved, trust built, commitments increased.

The retreat is located in a charming small town in rural Sonoma County, California near the Pacific ocean, redwood forests, and wine country. Photos on this page show some of the natural beauty of our area. Located about an hour north of San Francisco, the retreat takes place in a warm, comfortable, peaceful and healing environment.

### CONTACT JOHN ABOUT THE RETREAT

#### PHONE

**707-829-2291 (office)**

**707-536-5781 (cell)**

*"Powerful tools to expand joy  
and happiness in relating!"*

**Dr. John Gray**

**Men Are from Mars,**

**Women Are from Venus**

John offers retreats that are two to four days in length. If it works for you, a three day length is highly recommended. Most couples have said they got more in a few days than in months or even years of regular counseling! What makes this couples retreat so unique and powerful?

- ◆ **The Dedicated Timespan** — Time spent away from daily stress, to focus on you and your relationship. The committed timespan allows clarity and change to emerge more strongly and deeply than in week-to-week counseling sessions. This intensive approach supports you to get rapid and profound results. Most retreats are three days long. Lengths of two to four days are available.
- ◆ **Get Tools, Not Just Talk** — Couples often report how traditional talk therapy did not help. At the retreat they realize they didn't need that type of talk — they needed new tools. Weekly sessions typically overlook or cannot provide these. But at the retreat, the emphasis is to learn a powerful assortment of tools to make positive changes. To get results-oriented, versatile, effective coaching. And to take home new tools to stay on a positive track.
- ◆ **A Different Approach** — Having trained hundreds of therapists in advanced communication tools, John knows how normal therapy is often ineffective in helping couples. The retreat offers you a major qualitative difference in ways to resolve issues in a productive way. The range and effectiveness of the tools you will get is vastly broader than the standard counseling fare.
- ◆ **Practical Results, Not Just Theory** — Before becoming a relationship coach, John was a research psychologist at Stanford University. He knows the difference between practical results vs. someone's personal theory. What you get is consistent with current scientific findings in psychology and neurobiology. What you learn has been informed by contemporary research in relationship satisfaction and studies of the factors underlying relationship deterioration.
- ◆ **A Highly Effective Format** — Choose from two uniquely powerful formats for your retreat. One is the Private Retreat for one couple. This offers a rare level of personal coaching and a profound depth of impact to make meaningful changes in a relationship. It can be set up on relatively short notice to meet your scheduling needs. The other retreat format is the Shared Group Retreat, usually consisting of three couples. This small group size enables far more personal attention than the typical workshop type group retreat.

John works in a highly supportive way, respecting and responding to your individual needs. This enables you to make rapid progress in achieving your goals.

Standardized programs and typical one-size-fits-all group retreats are not able respond to the different personality styles of each individual participant.

But in reality, each of us is different, so each couple is different. Our retreat is customized to match your needs and your particular styles — so you can get deep, personally meaningful help.



Over a 25-year span of helping couples, John has mastered a broad repertoire of coaching and counseling techniques, which allows him to flexibly address your specific wants and needs. He has learned how to understand and effectively work with very different personality types — and to appreciate how each couple is a unique combination of two personal styles.

John has trained therapists in effective communication and change techniques that address the needs of each individual, including NeuroLinguistic Programming (NLP). As a workshop leader, he has presented relationship skills programs at the University of California, Stanford University, Scripps Medical Center and the Esalen Institute in Big Sur.



Being a former Stanford research psychologist, he follows current studies on relationship satisfaction and integrates this into his work with couples.

He also follows the latest research in brain science, neurobiology, and attachment styles — fields that help us better understand underlying factors in relationship dynamics and what leads to success or failure.

And, he has authored several relationship books, including an interactive self-help system. Please explore these materials on this website.

In this retreat, you know that you are getting effective coaching. John has a reputation for his versatility, skill and effectiveness. The retreats are even attended by psychologists and other helping professionals, who come for help in their personal relationships.

The retreat format, combined with John's broad experience and background, gives you a uniquely powerful opportunity to make a fundamental breakthrough in your relationship.

What kinds of couples come to the retreat? Do you have to be married? What if one partner has a foot out the door? What if attempts at regular counseling gave poor results?

The retreat will benefit couples in all stages of relating — unmarried or married. Some couples discover their next step of commitment. Others renew happiness and vitality in connecting, even after decades of a marriage that somehow lost the joy. Many couples come when their relationship is troubled, to get tools to resolve deep problems and turn things around.

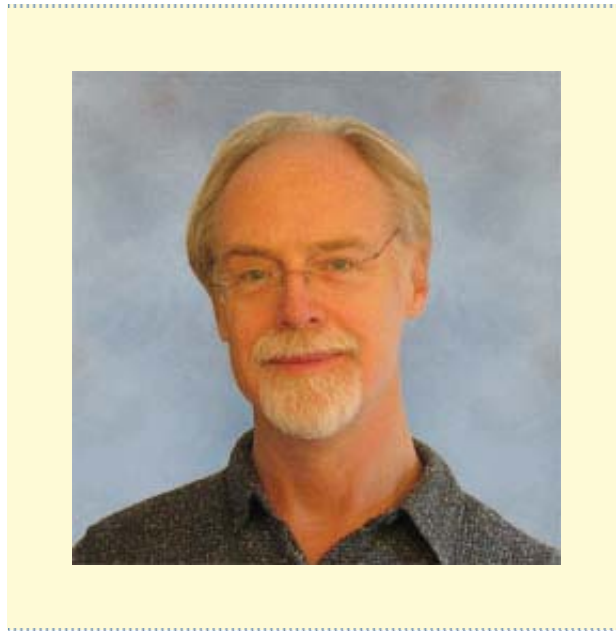


Couples frequently report how the work they do with John at a retreat is much more effective than any past therapy they tried. Some even equate spending two or three days with John to years of regular therapy.

## Contact Us for More Information Phone (707) 829-2291 or (707) 536-5781

We would be happy to talk to you before deciding to do a retreat. This intensive format works for most people, but it may not be the best fit for everyone. We'd be glad to discuss it with you first, by email — or phone John at (office) 707-829-2291 or (cell) 707-536-5781.

### About Your Coach



**John Grey, Ph.D.** is a relationship coach, workshop leader and author. He received his Doctorate in Psychology in 1975 from Stanford, where he taught and codirected a National Science Foundation sponsored research center. His research papers in psychology have been published in major scientific and professional journals, and are widely quoted in college textbooks. He has extensive training in cognitive and behavioral psychologies aimed at short term treatment and goal-directed coaching that achieves specific results. He has broad training in psychology of personality structure and the Enneagram (over a decade of training with Helen Palmer), and how to overcome relationship issues caused by differences in personal styles. John is trained in somatic psychology, trauma resolution and Somatic Experiencing (the work of Peter Levine, Ph.D.). And he is trained in attachment psychology, building secure adult attachment, and Emotionally Focused Therapy, or EFT (based on the work of Sue Johnson, Ph.D.).

John has been in private practice in the San Francisco Bay Area since 1980. He has presented workshops in communication and relationship skills at the Esalen Institute in Big Sur, the University of California Berkeley, Stanford University, and the Scripps Institute in La Jolla. He was on Dr. John Gray's (author of *Men Are from Mars, Women Are from Venus*) referral list of couples counselors. He worked with John Grinder, Ph.D., teacher of Tony Robbins and the developer of Neurolinguistic Programming, or NLP. He has given professional trainings for therapists and medical personnel in communication techniques and advanced tools for improving relationships and personal growth. And he has authored several relationship books and an interactive relationship self-help system, all of which can be explored on John's website.

## Letter from Past Clients



I don't know how to begin to thank you for all you did for my partner and me, and our relationship. We came to you seeking help and understanding, and what we left with was far beyond our highest expectations. You possess exceptionally unique skills for moving people through difficult and sensitive topics and situations with both competence and empathy, yet with strength and conviction. Your passion and love for your work emanates through you.

The amount of work and preparation you did on all sorts of levels was apparent. I felt very confident that we were working with a consummate professional in the area of relationships and personal growth, development, and healing.

I have been doing a lot of reflecting and soul-searching since spending those precious three days with you. I believe the greatest gift I took away from it was a personal and spiritual wakeup call. I was awakened to see who I am and what I need to do to grow individually and through my relationship. I was awakened to who my partner is and his needs. I'm able to appreciate and listen to him in an entirely different ways. I now have new tools for dealing with situations as they arise. I truly believe that we're becoming soulmates as a result of our time and experience with you.

Words cannot express my thanks and gratitude.

Sincerely,

Diane R. Ludgate, Ph.D. / Psychologist and Corporate Trainer

**See Last Page for Feedback from More Couples**

## Costs, Location and Schedule

The retreats are located in the northern part of the San Francisco Bay Area in California. They are given in Sonoma County in the small town of **Sebastopol**.

Sonoma County is one of the premiere grape-growing areas in the world. The landscape here is a breathtaking patchwork of vineyards spread across gentle hills.

Even if you do not partake of wine-tasting, you'll have plenty of fun things here to see and do. The activities and sights will take you from redwood forests, to rivers, on out to the beaches and the Pacific Ocean. Add top quality restaurants, the charm of small towns set amidst wineries — and you may even feel like you're in Provence!

The retreats take place in the small town of **Sebastopol**, located in Sonoma County, California. We try our best to schedule a retreat with couples to match all of their timing needs.

## Private Retreat for One Couple

You and your partner have a private retreat with John. You retreat can be from two to four days in length. Most couples choose the three-day long retreat, which is highly recommended if you can do it. Your retreat can be over a weekend, or during the week. Days go from approximately 10am to 6pm, with a good lunch break. You will also have homework, plus a couple of hours of preparatory work to do before you get to the retreat.

Couples who have the need, time, resources or interest choose to take the longer retreats of three or four days in duration. The added length of time helps you achieve deeper results in acquiring new, positive communication tools. The added time can also help you more deeply heal old emotional wounds and shift into a place of trust and joy.

The Private Retreat gives couples a rare level of personal coaching and offers you a profound depth of positive transformation and change.

This is the retreat that is by far in the highest demand by couples who approach us, who want to take significant steps to make meaningful improvements in their relationships.

You can arrange a Private Retreat on a weekend or during the week, whichever works best for your scheduling needs.

The cost is \$2,600 for the two-day retreat. Longer retreats cost proportionally more. Travel, meals and accommodations are extra. We have an online list of great places to stay.

This retreat is available throughout the year and can be set up on relatively short notice. Often you can arrange to have a Private Retreat scheduled within one to three weeks of when you contact us asking for one.

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## Shared Small Group Retreat

You and your partner join two or three other couples to share a retreat together. This is very different than the typical large group workshop that presents generic material, where you get lost in the crowd. You will have a good deal of personal attention throughout the retreat, as John or his assistant(s) work with you and your partner. The duration of the retreat is about 14 hours spread over a weekend. There are also a couple of hours of preparatory work that is recommended for you to do before you get to the retreat.

A Group Retreat is scheduled once we have a few couples asking for this type of retreat who agree on a weekend. We suggest the next time(s) that are available for a Group Retreat on the calendar below. If you are interested in a Group Retreat, please contact us and let us know the time ranges you would be available, and we will likely add those to our upcoming schedule. On average, a Group Retreat occurs every couple of months.

This is a retreat for couples who are not necessarily in a hurry — or for couples who don't need in-depth personal coaching. If you do want such work, you can arrange to get additional private sessions with John — in person or later by phone.

This type of retreat is usually offered only on weekends. The cost is \$1,300 per couple. Travel, meals and accommodations are not included.

### Next Steps to Book a Retreat — Call (707) 829-2291

**Contact Us About a Retreat.** We would be happy to talk with you before you decide to do a retreat. This intensive format works for most people, but may not be for everyone. We'd be glad to discuss it with you.

You can find out available dates for a retreat by calling us, or viewing our online calendar on our website at the following internet address:

[www.soulmateoracle.com/retreat-more.html](http://www.soulmateoracle.com/retreat-more.html)



### What Results Can You Get?

Your retreat is aligned to your personal goals and circumstances. Unlike one-size-fits-all approaches and religion-based marriage encounters, the retreat is tailored around your unique agenda — to meet your particular needs, wants and goals.

A retreat typically gives you new clarity, and increased effectiveness in communication. It helps you move beyond stuck places, make new agreements, renew positive appreciation and connection, and develop a deeper sense of shared vision.



In a retreat, you will acquire key tools and strategies to get your relationship moving in a positive direction, and to keep it growing positively once you return home.

Relationship aspects normally covered in a retreat include the following:

- ◆ **Change patterns that do not work.** Learn why relationships get stuck, how couples polarize over differences, and why issues build up over time. Find out how your specific personality patterns interact, and clearly identify the key challenges and paths for positive growth in your relationship. Learn tools for what to say or do to avoid getting stuck, and to keep things on a positive track.
- ◆ **Transform the core distress cycle.** Learn about an unconscious pattern that erodes your ability to connect and be happy. It makes solving issues impossible, and leads to blaming, attacks, withdrawal or shutting down. See how this cycle is your mutual enemy, and get tools to exit its painful grip. Discover you *can* get your needs met, reconnect and share positive feelings together.
- ◆ **Effective positive communication.** Learn a set of key strategies that will prevent poor communication under any circumstances. Get proactive methods to communicate very well, even with difficult matters. You will gain tools that enable you to have your views heard, to make effective requests, to set healthy personal boundaries, to avoid emotional gridlock, and to truly resolve issues.
- ◆ **Get tools to heal negative feelings.** Emotions are at the root of relationship problems. Learn tools to resolve emotionally charged issues, to develop new choices, and to release old baggage. Gain tools for inner peace, self-confidence and healing. Learn to center yourself in any situation, to soothe your feelings, and to more easily support your partner to work with their feelings.
- ◆ **Start collaborating instead of separating.** See the big picture and get broader perspective on how to move forward. Establish a solid foundation that gives vital strength to your relationship, one which creates a sense of shared purpose, and helps you work through challenges. Make specific new agreements to support increased harmony and positive growth.
- ◆ **Build trust and positive connection.** Gain essential tools for being proactive in your relationship — with constructive behavior that increases trust, mutual understanding and satisfaction. Rediscover positive shared feelings that were buried behind unresolved issues or emotional walls. Learn strategies to strengthen appreciation and positive heartfelt connection on a daily basis.

The work in the areas above, and the focus that is held in your retreat, will be tailored to match your personal styles and agendas.

Each couple is different, and each person is different. What works for one person does not work for another. That's why standardized approaches, found in normal therapy and group workshops, so often fail to produce results.

This retreat is flexible and skilled enough to address the particular wants and needs of each person in terms of their own personality type.



Your retreat is devoted to going into depth with regard to **your** goals and issues. And doing so in exactly the way that best supports **you** to succeed. Depending on your specific goals, you might acquire tools and strategies to achieve any of the following — or even more:

- ♥ **Gain clarity and take positive action**
- ♥ **Increase positive feelings and satisfaction**
- ♥ **Turn problems into opportunities and solutions**
- ♥ **Communicate skillfully and effectively**
- ♥ **Change unsatisfactory interaction patterns**
- ♥ **Break impasses and get unstuck**
- ♥ **Gain new strategies to resolve differences**
- ♥ **Build trust and a strong foundation**
- ♥ **Handle charged issues without sinking into negativity**
- ♥ **Make effective requests and agreements**
- ♥ **Release and heal old emotional baggage**
- ♥ **Renew appreciation and affection**
- ♥ **Gain tools to soothe and heal upset feelings**

The above is a list of possibilities. Your retreat will be designed to go wherever you want to go, and to help you acquire the tools and strategies to make whatever breakthrough that would serve you, and move your relationship forward in a new, positive direction.

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## What's a Retreat Like?

Bottom line, it's about getting new tools and making positive changes.

Many couples have bad experiences in traditional counseling or therapy, and worry that a retreat is going to be like that, only more intense. Not so....

Couples often say how pleasant and valuable the retreat is — and how different it is compared to therapy in giving them useful results instead of drama.



Before you get to the retreat, you will ideally do 2–3 hours of preparatory work at home. This includes clarifying your positive goals for coming to the retreat — what it is you really want to accomplish, what your highest hopes would be for the results you get. You will also take an online personality test, to see and better understand things about yourselves and each other. This will help us at the retreat to more quickly see specific remedies for *you* as a couple, based on *your* personality styles and the specific ways these styles interact.

Once you arrive at the retreat, here is an overall picture of how a retreat progresses. A retreat can be thought of as a series of sessions, each one being from 3 to 4 hours in length, including ample time for breaks and lunch. You may also have some things recommended to do in the evening, which can take an hour or two.

A retreat has these basic aspects: (1) clarifying your goals and getting to know you, your personalities, your particular style as a couple, (2) giving you new tools, information and strategies, and (3) coaching you to apply these tools to create the positive changes you want. These three aspects certainly will overlap during the retreat. For instance, as more specific information is discovered about any unconscious, underlying patterns that are causing distress in your relationship, the appropriate tools for working with these will be given and you will be coached to use them. In general, a retreat usually starts by clarifying your goals.

- ◆ **Clarifying Goals and Getting to Know Your Personalities** — The first aspect of a retreat starts by getting to know you. We all get comfortable together, as we explore your situation and clarify what you want to accomplish in *your* retreat. Additionally, you learn things you didn't know about your personalities. Each couple is different, based on their specific personality styles. We will pinpoint your styles and see how that impacts you as a couple. There is no ideal pairing of personalities. But knowing which pairing *you* are helps us better understand the keys to what causes stress in *your* relationship, and how to remedy it. You have to see the box — to get out of the box. So our goal here is to start to better see the way forward to new positive growth together for you as a couple.
- ◆ **Learning New Tools** — The next aspect of a retreat is educational, where you will learn new tools, information and strategies. You will gain tools that best help you achieve your goals and resolve your issues. You will get specific strategies that are relevant to your personalities, your particular situation and how you want to change it. You will learn to better see and work with the underlying dynamics or distress cycles that may have overtaken your relationship. We address what helps your unique circumstances and individual goals — in the areas of communication improvement, dealing with difficult feelings, building a stronger, secure bond, and negotiating new agreements that will help you maintain progress on a positive new road together.
- ◆ **Coaching for Positive Change** — The other aspect of a retreat is getting coaching that will help you to apply the tools, information and strategies in order to make positive changes in how you relate. With expert coaching, you will learn to resolve your issues, get out of the unconscious distress cycle or vicious circles that you suffer, and make positive changes you can feel. The style of coaching is unlike traditional therapy, which often only stirs up more unhappiness in a couple. The coaching at the retreat will direct you to discover positive ways to interact and resolve stuck places. Then, as a result of making tangible progress in your goals and solving issues, a retreat ends with future planning. You are coached in making new agreements for using the tools you have learned, in order to continue your progress once you return home.

A retreat is intensive but not overwhelming. The work we do together is highly meaningful, and will go toward resolving real issues that have blocked your happiness in the past.

Many couples arrive wondering how they will spend so much time together, focused on their relationship — especially if previous efforts to do this have not yielded good results.

It is a couple's enthusiasm that keeps the work going. Time seems to pass in a state of flow. It is a couple's growing interest in what they discover in the retreat — and the progress they are making — that motivates the length of time we spend together. And despite the intensity of the learning, there is still ample time to take stretch breaks and have long, relaxing lunches.

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## Are Certain Beliefs Involved?

A frequently asked question is whether the retreat is based in any religious sets of beliefs that pertain to love, relationship or marriage. It is not.

Some couples have reported about certain religious approaches where it was attempted to "guilt" them into staying together.

It is highly unlikely such a tactic could stand the test of time. Real change needs to happen.

To stay together, couples need to be happy together. You can only get there by using new and more effective tools to communicate in a way that creates positive closeness. Only that will change things for the better.

Is this retreat based in religious beliefs? No. This is not a marriage encounter. It is not based on pop psychology or the latest popular ideas of celebrity authors. What you will get is strictly based in practicality. It comes from a synthesis of over two decades of working with couples, seeing what works and what does not work — as well as what a broad spectrum of scientific research has found over the last 20 years in looking at couples and what is really going on when they succeed or fail. You will learn useful, practical tools. And you will get results-oriented coaching to apply these tools to make positive changes in your relationship.

Here are the explicit beliefs and principles of this retreat:

- ◆ **Everyone can build a rewarding and satisfying relationship. This is true regardless of past history or current circumstances.**
- ◆ **Being successful requires certain strategies and tools. These can be acquired. You can learn how to succeed.**
- ◆ **We each need to learn these key strategies as adults. Most of us don't acquire them growing up, thus our high rate of divorce.**
- ◆ **Relationship problems are important opportunities in disguise. They tell us it is time to learn the right tools to succeed.**

The basic belief is this: Seen in a positive light, relationship problems — as unwanted as they are — are what will ultimately push each of us to grow as individuals.

The problems we come up against, in our meaningful relationships, ultimately move us to learn new strategies and tools — ones which will lead us back to shared happiness.

The bottom line is simply this: You *can* change things for the better. It's a matter of learning the right tools.

You can develop within yourself all the resources you need to get the positive changes you want in your relationship. This retreat is designed to help you do that.

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## Reviews by Experts

Here are some comments by experts in the field of love and relationship on the relationship tools John has written about and created...

"Powerful tools to expand joy and happiness. Discover new options that will make a positive difference in your relationship."

— **John Gray, Ph.D.**, Author of the Best Seller [Men Are from Mars, Women Are from Venus](#)

"A thoughtful, inspiring guidebook for the qualities and stages necessary for fulfilling, growth-filled relationships."

— **Angeles Arrien, Ph.D.**, Author of [The Four Fold Way](#)

"A friendly source of guidance and wisdom, to help you have the kind of relationship you truly want."

— **John Welwood, Ph.D.**, Author of [Journey of the Heart](#)

"John takes us beyond myths of soulmates, and shows us how couples can truly succeed together."

— **Andrew Sears, Ph.D.**, Psychotherapist

"Reveals the workings of authentic real-world soulmates. There's no fluff. Just the inside story of what it takes to have the relationship of your dreams."

— **Dawn Monnet**, Educator, Coach and Motivational Speaker

"John possesses exceptionally unique skills for moving people through difficult and sensitive topics and situations with both competence and empathy, yet with strength and conviction."

— **Diane R. Ludgate, Ph.D.**, Psychologist and Corporate Trainer

"John offers us the most powerful strategies in relationship psychology today. They are simple to understand, and easy to use."

— **Ken Crittenden, Ph.D.**, Psychologist

"How to create a great relationship. Simple to understand and it lays out what you need to do step by step. And it works!"

— **Timothy JohnPress**, Corporate Coach

"Clear direction for how to go about the mysterious thing we call relationship."

— **Lisa Berg**, Business Coach

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## Feedback from Past Couples

"You saved our relationship. We really couldn't have done it without you. We were going down into a deep hole. We were stuck and could not have come through it without your help. As far as we are concerned, you saved the relationship. So much so, that we've been giving your book as wedding presents. And if we could afford it, we would give your retreat to all couples we love. Your work is invaluable."

— **O and S**, Mediator / Lawyer

"I don't know how to begin to thank you for all you did for my partner and me, and for our relationship. We came to you seeking help and understanding, and what we left with was far beyond our highest expectations. You possess exceptionally unique skills for moving people through difficult and sensitive topics and situations with both competence and empathy, yet with strength and conviction. Your love for your work emanates through you."

— **D and S**, Psychologist / Executive



"Thank you so much for giving us so many tools to improve our relationship. When we came to you we were in a stalemate. It seemed that there was no way to communicate. We got preoccupied by being busy and we didn't even make time to try anymore. After the weekend with you, we did not only learn to open up communication again. We found ourselves sharing a whole new honeymoon all over again!"

— **J and V**, Medical Administrator / Doctor

"Your retreat greatly improved our marriage. We were anxious when we got there. But we quickly became comfortable in your presence. You showed us how to resolve issues which had been threatening our stability as a couple. You taught us tools we have continued to use over the year since our retreat with you. This has helped us increase our happiness, and kept us from falling back into old traps. We are very grateful."

— **A and C**, Construction Engineer / Educator

"Our retreat was utterly extraordinary, simply magnificent. John is a superbly skilled, wise, authentic, supportive guide. His program is magnificently suited to genuine transformation. The shifts we experienced, the understanding that emerged, and the capacities that we steadily and rapidly built, all went far beyond our wildest expectations of what could happen between two severely wounded, alienated people in two days. What did happen was an undeniable breakthrough. It was facilitated by John's incomparable presence, knowledge, ability to tune in to each of us and support us to bring forward our best. The intensive format worked amazingly well at safely revealing and healing toxic patterns. The tools we were given are priceless, elegant, simple, and they really work. The schedule, the homework, the containment, the safety, and the setting were all so supportive each step along the way. Our hearts are again open to each other; it feels like a miracle, but it's very grounded and real. I feel as if I've found my dearest friend again, still alive and breathing, and still in love with me, thank God. Moreover, I also regained access to my own sense of wholeness. I have opened up in ways I've been yearning for. This retreat has been a total blessing on every level. Thank you."

— **D and T**, Therapist / Coach



"The retreat opened doors for us to renew the spark. We had grown complacent. We are now growing more happy and passionate with each day. The same outside stresses are still there in our lives, children and work. But the tools you gave us help us to check in with each other on a daily basis, in ways that open our hearts to each other and refresh our love for each other. Thank you so much for this gift!"

— **J and R**, Architect / Consultant

"We were stuck in a place where we fought over stupid things. I felt so resentful that intimacy had long ago stopped. We could be civil, but we felt the happiness we used to have was lost. Your retreat helped us move through some big blocks, understand new things, and heal the issues we couldn't even talk about. I discovered things about him I didn't know even after a decade of marriage! Deep, wonderful things. It's like I found the great guy I originally met, only more so."

— **L and R**, Mother / Hall of Fame Athlete

"We did not know what to expect at your retreat, whether it would be ineffective like counseling had been, or overbearing like on TV talk shows. What we found was compassionate, authentic and supportive, a coach that could mentor us in new tools and show us ways out of the box we were stuck in. It was like a visit with the wise friend we always wish we had, who could help us through our rough spots back to the love we originally shared."

— **D and M**, Executive / Nurse

"The retreat was a great two days, with excellent organization and materials. The weekend is a turning point in our relationship. It will be remembered as the place we got the tools to move into a loving and nurturing relationship. And given where we were when we got there, I'd say this... Even if a partner thinks they might not want to go to a couples retreat, how could you possibly go wrong in going?"

— **J and K**, Sales / Real Estate

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