GETTING TO THE HEART OF THE MATTER: A RETREAT FOR COUPLES

Toni Herbine-Blank, MS RN Cs-P
Shelley Hartz & Sarah Stewart

March 1-6, 2020
Prana Del Mar, Retreat & Wellness Center. Cabo, Mexico
Getting to the Heart of the Matter: A Retreat for Couples

In a safe and relaxed environment, this workshop will offer time and space to explore the U-turn question “who am I in relationship.” There will be presentations, group experiential exercises: done individually, with your partner, and in groups. Facilitators are present but not intrusive.

Experiences include but are not limited to:
- meditation, movement, and time in nature
- self-reflection and journaling
- sharing, speaking and listening, experimenting with new behavior
- laughter and play

The retreat will offer opportunities to explore:
- The energetic connection between your mind and heart.
- Protective impulses that keep you from the connection you want.
- Basic human needs for contact, love and safety.
- Tools for regulating the body and mind.
- How learning to change your conversations will change your relationships, inside and out.

Prana del Mar is an exquisite retreat center located on the beach, on five beautiful acres near the southern tip of the Baja peninsula. They are located in in a valley surrounded by mountains, the ocean and desert. Beauty and tranquility surround the center which makes it a perfect setting for a retreat.  www.pranadelmar.com

The rooms and suites are very comfortable. Delicious, healthy food is served three times a day by a gracious, lovely staff. The program rooms are spacious and comfortable.
Retreat Leader
Toni Herbine-Blank RN MSN is a senior trainer for The Center for Self Leadership. Her expertise is in the use of IFS with couples and has developed trainings and retreats presenting these nationally and internationally.

Facilitator
Shelley Hartz, RN MSN CS is a psychotherapist in private practice in Littleton, MA. Her practice of IFS over the past 15 years includes assisting with many IFS and IFIO retreats and trainings. Shelley’s passion for healing and self-nourishment draw on the support of the natural world.

Facilitator
Sarah Stewart, PsyD has extensive experience working with internal relational dynamics in couples and larger groups. Sarah’s clinical practice is in Watertown, MA. Sarah has been involved with the evolution of IFIO since its inception in 2010.
Retreat Schedule

Sunday:
  5:00-6:30pm   opening session
  6:30-7:30pm   dinner

Monday, Tuesday & Thursday:
  7:30am        coffee, tea, smoothie & fruit
  9:00-10:00am  breakfast
  10:00-1:30pm  morning session
  1:30          lunch
  4:00-6:30pm   afternoon session
  6:30-7:30pm   dinner

Wednesday:
  7:30am        coffee, tea, smoothie & fruit
  8:00-9:00am   breakfast
  9:00-12:00pm  morning session
  12:00pm       lunch
  1:30          free time
  6:30pm        dinner

Friday:
  7:30 - 8:30am  Breakfast
  8:30 - 10:30am final session

Cost: $3860 per couple

Includes:
Transportation to and from Cabo San Lucas airport on day 1 and 5 of the retreat itself, and 3 meals a day.

Payments:
$400 per couple non-refundable deposit to hold your spot.
Payment deadlines:
Nov 15, 2019: $1730 & Feb 15, 2020: $1730

Registration and payment is online:
https://www.toniherbineblank.com/workshops.html#schedules

Retreat questions:
Shelley Hartz, shelleyhartz@gmail.com, 978-580-1342

Registration questions:
Kristi Good: intimacyinsideout@gmail.com

Cancellations:
A full payment is required to guarantee your reservation as of Feb 1, 2020. Cancelling between Dec 1, 2019 and Feb 1, 2020 results in a 50% refund of payments to date minus the non-refundable deposit. All payments are non-refundable after Feb 1, 2020.

This program is limited to 24 participants. This program may fill quickly, we recommend registering as soon as you can.

IFS CE's available only.