

RELATIONSHIPS RETREAT

Find deeper connection, joy and flow.

FORWARD

Hello!

Thank you for expressing interest in our RE: Series Relationships Retreat on the Surf Coast.

We now have evidence showing us that at the end of the day, it's the quality of our relationships that determine the quality of our lives.

So how do we establish and maintain great relationships? Knowing that you CAN actually learn ways to deepen your relationships, is the best start- add curiosity to learn and a little dedication - and you are well on your way.

Our Relationships Retreat has been specially designed to share some simple yet transformative teachings that will change the way you do relationship, not only with your intimate partner, but with yourself and others in your life.

This learning allows you to understand communication on a whole new level. As we delve into the many layers of human behaviour in the context of relationship, we can be more effective in understanding what it is our partner is really trying to say, their wants and needs and also understanding that within ourselves on a deeper level.

With a perfect balance of theory and practical exercises, this weekend offers profound opportunity for transformation. How we choose to interact in our relationships hugely determines our state of wellbeing, and when we choose to grow through our relationships we find deeper connection, joy and flow.

A GLIMPSE

- Discover simple communication tools that are highly effective
- Learn how to feel heard, as well as learning to truly listen
- Explore mindfulness as a way to turn ordinary moments into extraordinary ones
- Gain an understanding of human behaviour in the context of relationship, and learn ways to apply this knowledge for deeper connection
- Learn ways to attract the kind of partner and relationship you dream of having
- Increase your levels of intimacy, passion and charge
- Learn how to break dysfunctional relationship patterns and old cycles
- Extend these learnings to all your relationships- at home, parenting, at work etc- for a more harmonious existence and better experience of life in general.

This Relationships Retreat is for everyone. We welcome couples, singles, all sexual orientation and genders. There is no nudity or explicit content in this weekend.

WHAT'S INCLUDED

- Two full days of workshop style learning in a beautiful studio on the cliffs of Jan Juc. Days are 10am – 6pm (you have the option to attend our 'Free Friday' information night the week prior to the retreat, but it is not a pre-requisite if you already have your spot booked for the retreat weekend.)
- A delicious, wholesome hot meal is provided for lunch on both days-made by the wonderful folk from Swell Café next door. YUM!
- Morning and afternoon tea are provided on both days. Think both sweet and savoury treats, coffee, an abundance of yummy teas and a chance to stand in the sunshine.
- All learning materials are provided. You will receive your very own Relationships Retreat manual that we work with over the weekend, which is packed with goodness and has plenty of room for you to take notes along the way.
- The studio space supplies yoga mats, bolsters, blankets and chairs for you to set yourself up in a way that is comfortable for you. Some people like chairs, others like the floor. You choose.
- We pride ourselves in providing a safe, confidential, judgement-free space for you to experience this retreat. You are supported along the way and guided with sound knowledge and care.



THE QUALITY
OF OUR LIVES
IS DETERMINED
BY THE QUALITY
OF OUR
RELATIONSHIPS



WHAT WE SUGGEST...

- This weekend has been designed as a 'retreat' as opposed to a workshop, meaning that we encourage you to dedicate all of you to this weekend, without distraction. If you can, book a local air bnb for saturday night (or the whole weekend if possible), get babysitters if you are parents and give yourself the best opportunity to embody the learning without distractions. Of course, this is not essential, but nice.
- Come with an open mind and be curious. There is always more to learn.

TESTIMONIALS

Here's what people have had to say about this Relationships Retreat in the past...

"All I can say is 'wow!' such an eye opening and light bulb filled weekend"

"Inciteful, informative and practical knowledge to make any relationship better. The world would be a better place if this information was practiced by more people"

"Loved this retreat to reconnect and strengthen my relationship. The tools we learned are invaluable and will enable us to love each other better. It's practical, makes sense and is easy to implement, yet powerful"

"My heart is exploding with love and gratitude after attending this Relationships Retreat. It was extremely profound and incredibly powerful. Fed with a variety of knowledge, skills and techniques, my partner and I received a deeper understanding of our connection and gained conscious realisations on how to master a deeper and healthier relationship"

"We felt safe to express ourselves and grateful to learn so much that left us feeling empowered and more connected than ever"

"Words can't describe how this retreat has changed everything I knew about communication. It should really be taught in school, because the world would be in such a better place!"

"As a single mum, so much information was also relevant to parenting. I'll be using it with my children on a daily basis"

"We came along with open minds and not sure what to expect. It turned out to be a fantastic weekend and gave us lots of takeaways that we started using immediately. Do your relationship a solid treat and check this out"

"An amazing weekend filled with love, amazing teachings, yummy food and transforming healing energy"

"Would highly recommend this retreat to all couples and singles looking to better themselves and understand themselves and their partner on a deeper level"