

The He(Art) of Relationships

We finally know what's different about couples that stay happily together. It's not that they are better matched, better looking, more in love or more passionate. It's not that they have fewer differences or less to fight about.

*The difference between successful and unsuccessful couples is **how** they handle these differences.*

The good news is that anyone can learn to do relationships better and smarter. It turns out you CAN learn how to get the feeling back.....and keep love alive."

Diane Sollee, smartmarriages.com

COUPLE'S CLASS SCHEDULE 2018

Feb 3, 9:30-Noon	Introduction (free)
Feb 9, 7-9:30pm Feb 10, 9:30am-5pm sustaining connection	Class One – What we bring Learning simple, powerful tools for building and
Feb 23, 7-9:30pm Feb 24, 9am:30-5pm	Class Two - Family of Origin Understanding what we bring into the relationship; developing empathy and acceptance of our differences. Practicing listening and talking tools that shift your ability to be present to each other – and yourself.
Mar 23, 7-9:30pm Mar 24, 9:30am-5pm	Class Three Learning a strategy for dealing skillfully with those highly charged, repeating upsets that erode goodwill and closeness. Practicing the simple, tools that provide safety and clarity for resolution.
Apr 6, 7-9:30pm Apr 7, 9:30am-5pm	Class Four Understanding and exploring our different avenues to true intimacy and sexual satisfaction.
Mar 23, 7-9:30pm Mar 24, 9am:30-5pm	Class Five Revisioning our life together in a skillful, wholehearted, loving relationship.

Cost - \$1,125/couple (*\$100 deducted if paid by February 3*)

Includes 2 workbooks

Total hours - 45; \$25/hour/couple

Payment plans available.