



Enriching Your Relationship: A Day-Long Retreat for Couples

with Theresa and Jon Sapunar



When we speak from our hearts, we are able to speak the truth of who we are and what we think and feel without blaming or judging the other. When we listen from our hearts, we are able to see our partners as they are, free from any judgments of them and free from our own guilt and fear.

This retreat is an invitation to leave your day-to-day demands and responsibilities at home and to turn your attention to exploring and enhancing your relationship. The vitality and satisfaction of a loving connection is often lost in the busy-ness of daily life and repetitive patterns of behavior and reactivity that erode trust, bring disappointment and hurt, and deaden intimacy.

You will learn tools and processes you can use at home to support the deepening and opening of your relationship. Structured exercises and shared meditation practices will develop your capacity for telling the truth with kindness and respect, listening with empathy and compassion, taking responsibility for one's own feelings and needs, and finding creative resolutions to issues that invariably arise.

Join us and other couples committed to creating truthful, vital, and nourishing relationships, and experience the support of couples on a similar path. This retreat is equally valuable for old and new couples, couples of all ages, sexual orientations, and backgrounds.

A bit about our relationship: We have been a couple for 34 years, are continually learning how to support each other's personal and spiritual growth, and are grateful for the increasing depth this brings to our relationship. We have been leading relationship retreats and doing marriage counseling for many years, and are known for creating an open and supportive atmosphere by sharing from our experiences as a couple.

Saturday, May 14, 2016 10 AM-5 PM

Yellow Springs, OH

\$175/couple (early bird price, if register by May 1)

\$200 if after May 1

Space is limited. Register early.

www.cpsgonline.com

937-767-8897 or info@cpsgonline.com

**To register send a check (payable to Theresa Sapunar) and mail to
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"The different exercises gave us a new way to deal with our old familiar patterns and issues, and gave us tools to continue on our own."

"The day gave us the jump start we needed to get back in touch with each other on a deeper level."

"We felt supported and not so alone hearing other couples sharing about their relationship."

"The openness and genuineness of the leaders made us feel safe and supported—they have a great gift for gently guiding couples to a more open, honest, and kind relationship."

"We were able to return to a closeness that had been missing for years."