

# Beyond the Horizons Consulting Offers **Renew your Relationship in Santa Fe!** A WORKSHOP + BED AND BREAKFAST FOR ONE COUPLE AT A TIME

## **A Long Weekend or a Five-Day Retreat in the Land of Enchantment!**



**Renew your Relationship in Santa Fe** is a program intended for couples who want to become more loving and compassionate in a committed relationship. The term “committed relationship” does not mean giving up one’s essential being to please the other person, nor does it mean settling for an unhappy relationship. **It does mean *renewing the magical sense of bonding and deepening its power.*** Both partners desire to become more aware of their

behaviors and feelings and to *consciously communicate* so that both become “winners” — both have their *heart hungers* met.

**Renew your Relationship in Santa Fe** is not an instant solution to every issue you may face in your relationship and does not take the place of ongoing couples therapy. It may, however, provide insight along with pleasurable experiences which offer a template for resolving future issues.

## **Preparation for the Retreat**

Before arriving in Santa Fe, we will set aside time for a telephone consult to get to know you individually and as a couple. Then we will e-mail you materials to complete about three weeks in advance of your renewal experience. These materials will consist of

- Two sets of the Myers-Briggs Indicator
- A relationship history form and questionnaire
- Your individual “relationship vision”
- The Breadth of Intimacy Worksheet

All materials will be discussed during the phone consult and will contain written

instructions. They are to be completed individually and returned to Beyond the Horizons Consulting *two weeks before* your scheduled renewal experience. In this way, Jean Eva can get to know you and select the best tools to use with you during the retreat.

## **A Typical Three-Day Program**

### ***Your Arrival in Santa Fe***

We start with a get-acquainted time with Jean Eva, your therapist, and with your surroundings. We will have a beverage and hors d'oeuvres and talk about your relationship vision.

### ***Typical Day One***

After breakfast, we begin by debriefing your Myers-Briggs Type Indicator, which is a fun and eye-opening experience. Then you are on your own (with brochures and personal direction) to explore downtown Santa Fe. You return at about 4 PM to review your "Intimacy Quotient" and Relationship Questionnaire and receive instructions for caring behaviors for the evening.

### ***Typical Day Two***

Following breakfast, we have a question-and-answer time to review previous work. You may choose your adventures before even



This is followed by a meditation and writing time under the guidance of Jean Eva. At noon you depart for the destination of your choice. You may

leaving home, or you may ask us for a list of current events during your stay. We will also recommend romantic restaurants.

Remember to leave about one hour's time that evening or early the following morning to complete your couples' assignment for day three.

### ***Typical Day Three***

After breakfast, we begin by sharing feelings and discoveries about self and other. We then concentrate on answering the question, "How do I need to be nurtured by you in this relationship?" We learn and practice how to listen at a meta level to one another. We then take time to write a statement to our partner, in which we renew our commitment to each other in a *new, more conscious way*.

After selecting an afternoon activity and enjoying a romantic dinner, you return to take part in a recommitment ceremony.

A hearty breakfast the next day sends you off with hope and new skills for your future.