

**Is Conscious Intimacy Through Touch right for my partner and I?** — (You both must say YES to at least 4 of the statements below.)

\*I enjoy receiving/giving massages.

\*I'm willing to create a safe space for myself & my partner.

\*I'm willing to learn some simple (massage) principles & techniques to practice on myself & my partner.

\*I'm willing to experience new sensations and possibilities through conscious touch.

\*I'm willing to look at my definitions, patterns, constructs, & behaviors around intimacy or lack thereof.

\*I and my partner are willing to learn some tools on how to create deeper levels of intimacy.

\*I and my partner are willing to connect more with our bodies & each other.

\*I and my partner are willing to explore new levels of vulnerability with ourselves & each other.

\*I and my partner are willing to have some fun with ourselves & each other.

**\*Both of you need to be willing to say YES to this experience.**

- 1. Will I have time to work on my computer or make calls during the retreat?** You will have the ability to do so once the days activities are done. We offer you to disconnect from technology during your stay, but this won't be enforced. **By signing up for these specific retreats you are aware of, acknowledge and accept this rule.**
- 2. Will I get a chance to stay in touch with my children or loved ones during the retreat?** You will be able to once the days activities are done. This is a time to disconnect and completely immerse yourself in your experience and healing. We completely understand that you may have parental responsibilities. We offer you to make arrangements with friends and family to help you with this. If someone needs to get a hold of you, you'll be given a contact number that you can pass on to family and friends in case of emergencies once you book the retreat.
- 3. Will I have opportunities to get to know the other participants?** You will get to know them in a different, non-social normative way. What that means is that there won't be any conversations had about what someone does as a profession, where they've traveled to, if they're married/single/dating or not, if they're into (fill in the blank), or anything that we are used to asking when getting to know someone. All of that energy, attention, and curiosity going outward to someone else is now going to be brought inward so you can get to know YOU. Those kinds of social nicety questions, which can be very interesting, don't matter in our time together. The moment the retreat is over you can ask anyone whatever you wish. Just keep in mind that the person you ask doesn't have to answer if they wish to stay in the resonance of the retreat after you.
- 4. Will I get a chance to explore the area on my own?** If you are in *The Pathways To Yourself or Intimacy Through Touch* you will get a chance in the late afternoon and evenings to explore. If you are in *Life Meets Life* or *My Journey* you will not have any free-time to do so unless there is a planned activity in relation to the retreat.
- 5. Why certain food restrictions in some retreats?** As we remove certain toxins from the body, resistances and holdings that may be held in the body, emotions, and mind can begin to be released to be met and transformed.

- 6. What are the accommodations?** It will depend on each retreat as each one will be different. Some will include the accommodation. If it doesn't, and it will be stated if not, you will book your own separate accommodations for this experience in the surrounding area of the venue. If you happen to live near the venue, then you're welcome to go back home. For those that wish to share an accommodation with others to save on costs, a list will be sent out to those that wish to do so.
- 7. How long will our days be?** Day 1 will be between 4-6 hours long. Day 2 & 3 will be between 10-14 hours long.