



Your Whole Relationship: Sex, Desire, Intimacy & Connection

A special workshop for couples who have previously participated in a Hold Me Tight® Workshop or had a course of EFT Couples Therapy

Feb 3-5, 2017

Starts Friday at 3pm and ends Sunday by 2pm.

PepperTree Retreat Center, in Ojai, CA, 90 minutes northwest of Los Angeles

This document provides:

- Description of the Workshop
- Workshop Logistics, Lodging Information, and Cost
- Continuing Education Credit Available
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Workshop Description

This workshop will help you and your partner explore, open deeper dialogue, and find greater understanding about your sexual relationship, to create a pathway for enhancing intimacy and connection through physical touch and sexuality.

This weekend will provide a safe space to explore emotional and physical blocks in your sexual relationship, learn about your own and your partner's sexuality and desires, help you to make it safe enough to talk about these difficult things, and discover together how you both want to construct a fulfilling, meaningful, rewarding, pleasurable sexual relationship -- in whatever form that takes for you.

In our many years providing couples therapy to help heal relationships, we have witnessed how hard it is to talk honestly and openly about challenges in your sexual relationship. Conversations about sex are often filled with anxiety, shame, embarrassment, and fear of hurting your partner. Or sometimes it's a matter of just not knowing how to talk about it at all. We designed this workshop to help couples find greater ease in having these conversations -- even to find ways to be playful and loving in these conversations -- because it's hard to repair and enhance something that you cannot talk about.

We will explore multiple ways of connecting and communicating in your sensual and sexual connection. The workshop will include exercises in a variety of forms -- talking, breathing, safe touch, non-verbal attunement, writing, imagery -- that will allow you to privately and safely open up communication, connection, and playfulness between you. (Please be assured that all exercises will respect privacy and take into account the group setting.)

This workshop is not sex therapy – that is, we will not diagnose or focus on treatment for specific sexual difficulties, such as erectile dysfunction, vaginal pain, premature ejaculation, or porn addiction. We will not put any kind of label at all on the struggles you may be experiencing. Whatever kinds of struggles you and your partner are experiencing, we welcome you to the workshop. The workshop will offer you a pathway to talk about what is and is not working in your sexual relationship for each of you, and to make a plan together for how you both want to address these difficulties, and heal them.

Your facilitators for this workshop, Drs. Lisa Blum and Silvina Irwin, are experienced couples therapists with advanced training and certifications in Emotionally Focused Couples Therapy (EFT), and are not certified sex therapists. Their expertise is in helping couples integrate sexuality and physical intimacy, desire and connection into a healthy, safe, attuned, loving, whole relationship.

Workshop Logistics, Lodging Information, and Cost

This workshop will be held on the beautiful grounds of the PepperTree Retreat and Educational Center in Ojai, CA, about 90 minutes northwest of Los Angeles. The PepperTree is a lush, private reserve located on 11 acres of orange orchards, gardens, and open space nestled in the foothills of Ojai's east end. There are several outdoor patios and terraces, with a large veranda overlooking the front lawn and rose garden. Nearby are trails into the surrounding mountains and country roads ideal for early morning or late-afternoon walks. The retreat center is the former home of educator and philosopher J. Krishnamurti. You can learn more about the amenities and history of [PepperTree here](#).

The workshop will convene on Friday, February 3 at 3pm for a short introductory session, followed by a welcoming reception. We will reconvene Sat from 9 – 6 pm, and then on Sunday we will have a final half day workshop, ending at approximately 1:30. *[Please note all times still to be finalized].*

We will cap registration in order to maintain the intimacy and ease of a small group experience. Please book early to be assured a space at the workshop.

Fee: The fee for the workshop is \$725 per couple for the weekend for registrations received prior to December 1st, 2016. The regular registration fee is \$775. Please note that lodging is separate and will require a separate reservation that you will pay for directly. Lodging options are described below.

Workshop Cancellation Policy

If you need to cancel your workshop registration on or before January 2, 2017, you will receive a full refund of your registration fee less a \$25 administrative fee. If you need to cancel on or after January 2nd, 2017 (i.e., 30 days or less prior to the start of the workshop), we will be glad to refund your registration fee less the \$25 administrative fee if we or you are able to book your place in the workshop with another registrant. (We do expect to have a wait list). If we are unable to find an alternate couple to take your place, we will refund 50% of your registration fee. HOWEVER, you

will have a credit with us for the other 50% of the registration amount to be used at a future workshop offered by the EFT Resource Center. This policy is necessary because of the commitments we make to the retreat center where we are holding the workshop.

Lodging Options

Lodging is not included with your registration; we strongly recommend that you make your reservation as soon as you register for the workshop to ensure close accommodations. Lodging is available at the PepperTree Retreat Center, either in their farmhouse or lovely cottages. We are holding a block of rooms there for our participants, available on a first-come, first-served basis, but payment will be your direct responsibility.

Lodging on-site is the easiest solution, and requires no driving for the weekend. Each room has a private bath, and some have private balconies. See the range of rooms available, with pictures and prices, [here](#). Please call the PepperTree Retreat Directly; let them know that you are with the Couples Weekend Retreat for the weekend of Feb 3-5, and that you want to book one of the rooms in our block.

There is additional lodging available in the nearby town of Ojai, with a variety of levels of sophistication. A web search will give you a list of the options, including the Casa Ojai, the Chantico Inn, and the Blue Iguana Inn, all a few minutes away from our retreat location in the town of Ojai. You may also find additional and possibly less expensive lodging options in the town of Ventura, about 30 minutes away from Ojai, but we recommend staying local if you are able to.

Please be sure to review the cancellation policy of any establishment where you book your lodging, which ranges from 2 to 7 days.

Meals

We are pleased to include a light but plentiful breakfast both Saturday and Sunday mornings, a catered vegetarian lunch on Saturday mid-day, and a light happy hour reception Friday early evening. Please feel free to bring any food items with you that suit your dietary needs so that you can be most comfortable. (Note that the PepperTree Retreat Center is vegetarian only and alcohol-free). You may make dinner plans of your choosing. Ojai has some lovely restaurants. Advance reservations are strongly recommended.

If you have additional questions or any special needs, please email our associate [Anne Crile](mailto:anne@annecrile.com) at anne@annecrile.com so that we can help to make your retreat experience with us most comfortable.

We look forward to having you join us at the workshop for a very enriching, relationship-affirming weekend.