



# Couples Retreat

NOVEMBER 9–12, 2017 • BEAR LAKE

*Inspired and brought to you by*

**KRIS GROVES & HANNAH LEBARON**



3 days / 3 nights all-inclusive re-bonding  
experience *like you've never had before!*



*Space is limited!!*  
Only 9 couple slots available.

Couples face many challenges that pull them apart and they have less and less time together. At **Renaissance Couples Retreat**, couples get to give time and focus on what is most important—*your relationship!*

**I**T'S TIME TO GET TO KNOW EACH OTHER AGAIN!  
Today's divorce rate is unacceptable. Many good couples end up having problems mostly, because they do not have effective communication skills. At Renaissance Couples Retreat, you will get to know your partner better than ever as you learn:

How to communicate effectively with your loved one.

Why couples have problems, how to fix them, and how to move on being a happier couple.

How childhood issues, and especially trauma, can affect your adult relationships.

How cultural differences, family systems, attachment styles and codependency issues can affect your family's happiness.

How to be truly intimate with your partner.

How simple mindfulness exercises can calm your mind.

And, how to have compassion for yourself and for your partner.

At Renaissance Couples Retreat, you get to have a lot of laughs, a few epiphanies, maybe a few tears and most importantly, you'll get to meet others just like you—couples who want to build a stronger and happier relationship with their loved ones. You will get to renew your love and commitment to your special someone.

*Renaissance Ranch family is a loving recovery community and we invite you to join us!*



# WHAT'S INCLUDED

*At Renaissance Couples Retreat you will receive:*

**3 nights and 3 days at an all-inclusive retreat at Bear Lake.** Lodging is at "Beach Front Manor," an amazing Tudor castle-style mansion in Fish Haven, ID,



**5 hours of group therapy**

**10 hours of workshops** in topics such as family systems, codependency, communication, intimacy and self compassion

**Fun and memorable couples' activities**

**A lot of education, support, memories,** new friends and opportunities to get to know your partner better

**A recommitment ceremony**

**A private couples session** for 90 minutes with a skilled licensed therapist

**Healthy and delicious meals** provided by Renaissance Couples Retreat chef

**An experience that will sincerely change the quality of your relationship** and provide the needed skills and tools to see those changes last a lifetime.



# ITINERARY

## *Thursday, November 9*

- 5:30 – 6:30 PM Arrivals and room assignments
- 7:00 PM LIGHT DINNER
- 8:00 PM Staff and guests introduce themselves
- 10:00 PM Free time

## *Friday, November 10*

- 8:00 – 9:30 AM BREAKFAST + possible arrivals and introductions
- 10:00 AM – 12:30 PM WORKSHOP I – Family systems and codependency
- 1:00 – 2:00 PM LUNCH (Topic 1: Listening and validation)
- 2:30 PM WORKSHOP II – Communication
- 5:00 PM Spouses will share their autobiographies with each other
- 6:00 PM DINNER (Topic 2: "Baggage")
- 7:00 PM GROUP THERAPY
- 9:00 PM Campfire and goodies (Topic: How does past trauma and family of origin affect relationships)
- 11:00 PM Free time

## *Saturday, November 11*

- 7:30 – 8:30 AM Hike
- 8:00 – 9:30 AM BREAKFAST (Topic 3: The best things about partners)
- 10:00 AM WORKSHOP III – On intimacy
- 1:00 PM LUNCH (Topic 4: Shame and guilt)
- 2:00 PM – 6:00 PM Fun activity
- 2:00 – 3:30 PM COUPLES THERAPY
- 3:30 – 5:00 PM COUPLES THERAPY
- 5:00 – 6:30 PM COUPLES THERAPY
- 6:00 PM DINNER (Topic 5: Empathy vs. sympathy)
- 7:30 – 9:30 PM GROUP THERAPY
- 10:00 PM Free time

## *Sunday, November 12*

- 8:30 AM BREAKFAST (Topic 6: Spirituality)
- 10:00 – 11:00 AM Fun activity
- 9:00 – 10:30 AM COUPLES THERAPY
- 10:30 AM – NOON COUPLES THERAPY
- 12:00 NOON WORKSHOP IV – Self-compassion
- 1:30 PM LUNCH (Topic 7: 12 Steps in relationship)
- 2:30 PM RE-COMMITMENT CEREMONY
- 3:30 – 4:30 PM GROUP THERAPY
- 5:00 PM Pack and leave



## COST & CONTACT

**\$3,750** per couple. To register, contact Christian Smith:  
**801-870-1479 • [christian@renaissanceranch.com](mailto:christian@renaissanceranch.com)**