



the
Ultimate
INTIMACY
retreat

Ignite Your Passion
Rekindle Your Playfulness
Strengthen Your Relationship
Experience Deeper Connection

A fabulous weekend, I learned and grew a lot!"

J. Large

Presented by

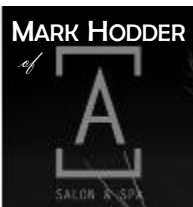


www.lightnup.ca



www.in-side-out.com

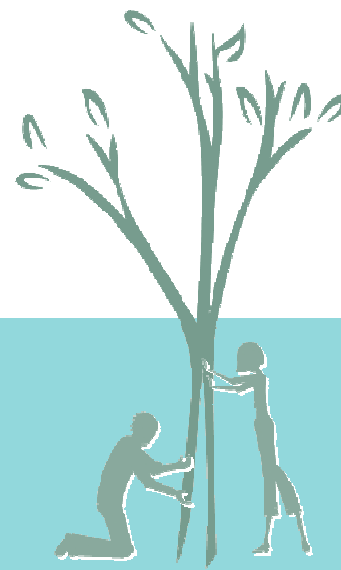
Special thanks to our partners:



M.R. WARDROBE
MEN'S APPAREL

CREATIVE COLOURS
Fashions

Sweet Inspirations
Gift Baskets & Candy Bouquets



the
Ultimate
INTIMACY
retreat

Growing & Strengthening
Your Relationship
~ Together ~

Couples Retreat &
Spa Weekend

May 29 - 31, 2009



Do you yearn for....

More love and intimacy?

Deeper communication with your partner?

*Making your already good relationship
even better?*

Play ∞ *Passion* ∞ *Fun*

Your perfect weekend is already planned!

One in three breakups is due to a lack of intimacy. Our fast paced, demanding lives rob us of the vital time to focus on the foundation of our relationship...**close, connected intimacy.**

Current social trends are putting staggering pressure on couples:

Technology advancements have created a 24/7 demand for availability.

It is the norm for both parents to work outside the home which creates more challenge to juggle family activities.

60% of Canadians employed outside the home cannot balance their work & family demands.

GTA residents spend an average of 79 minutes per day commuting to work. That's 20 days per year!

40% of Ontario marriages end in divorce.

Make the Time, Commit to Your Relationship

Relationship and personality expert, **Karen Armstrong** alongside Laughter Therapist, **Jacque Hermans** have created a weekend that will transform your partnership into a healthy, compassionate and passionate relationship. Bring back the fun!

"If you want to bring your relationship to the next level and ignite the passion in your partner and yourself, then this retreat is a must." M. Woodbeck



You will both...

- ⌘ Discover your partner's top needs for relationship satisfaction
- ⌘ Learn how to communicate your own needs
- ⌘ Identify each other's hot buttons... the good, bad and ugly
- ⌘ Find out how to re-fuel your partners love tank
- ⌘ Bring fun & playfulness back into your relationship
- ⌘ Explore your creative side
- ⌘ Ignite your passion

The weekend also includes:

- ⌘ 2 nights at one of Ontario's top 10 rated retreats, The Beild House Inn & Spa
- ⌘ 2 Famous Country Breakfasts
- ⌘ High Tea
- ⌘ 6 Course Gourmet Dinner
- ⌘ Cooking/Wine Appreciation course or Historic Walking Tour
- ⌘ Pampering at the luxurious Le Scandinave Spa at Blue Mountain

"It will help me to be a better person for myself and a better partner for my spouse." Participant, April 2008

"The strategies and suggestions were great!"
Participant, April 2008

Book Now!

Register before February 27/09 to receive the early booking special: \$575/person.

After Feb. 27th the price increases to \$650/person. Limited to 11 couples.

To register please contact:

Karen Armstrong
Inside Out
karen@in-side-out.com
905-836-2781

Jacque Hermans
Light'n UP
or laugh@lightnup.com
1-888-laf-lots (523-5687)

