

Couples Retreat

REKINDLE YOUR PASSION | EXPAND FUN AND PLAYFULNESS | DEEPEN EMOTIONAL INTIMACY

MARCH 23-25, 2018 | 1440 MULTIVERSITY
SANTA CRUZ MOUNTAINS, CALIFORNIA

Register <http://bit.ly/btccouples> or 1-844-544-1440



Dear Couples,

*As we celebrate our 31st year of Challenge Days and our 30th wedding anniversary, we are excited to be partnering with **1440 Multiversity** retreat center to offer a brand new Couples Retreat in the beautiful Santa Cruz mountains in California.*

Gift yourselves with this opportunity to learn and practice some of the time tested lessons that have kept us so deeply in love all these years. We've found that making our relationship a priority and intentionally creating time together has been the magic that's kept our love alive.

This is one of our favorite workshops, because it also brings more joy, love and connection to our relationship when we're sharing it with you.

We would love for you to join us for this fun, romantic time together. Unlike our other programs, the focus of this workshop is on you and your relationship. The majority of the time is spent with the two of you deepening your connection as partners. This retreat provides a great opportunity for those who have experienced our work, as well as a fun and safe place for people who are new to us.

The retreat is open to all couples in any form of romantic partnership.

*With heartfelt excitement,
Rich and Yvonne
Co-Founders of Challenge Day
and Be the Change Movement*



What:

Couples Retreat:

Create the Romantic Relationship of Your Dreams

When:

Friday, Saturday and Sunday, March 23-25, 2018

Hosted by:

***Yvonne and Rich Dutra-St. John, M.A., MFT
Founders, Challenge Day & Be the Change Movement
Authors, Be the Hero You've Been Waiting For***

Location:

1440 Multiversity | 1-844-544-1440

800 Bethany Drive, Scotts Valley, CA 95066

Retreat into this new state-of-the-art learning center, tucked within a magnificent forest of redwoods in the Santa Cruz County mountains. Surrounded by hiking trails and all-inclusive accommodations, it's the perfect setting to deepen your connection with your beloved.

Register:

<http://bit.ly/btccouples> or 1-844-544-1440

Questions? jenna@challengeday.org | 925-849-3905



About the Retreat:

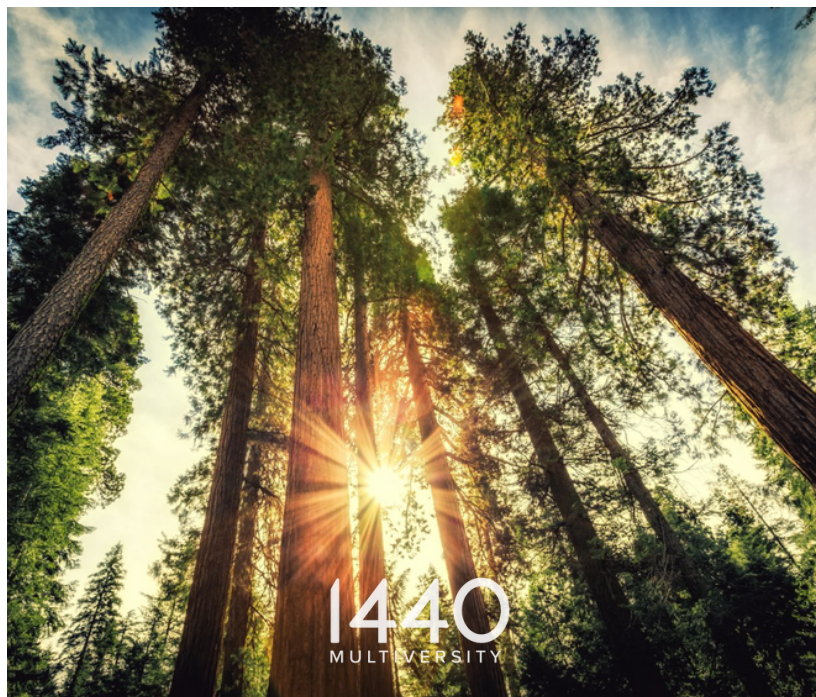
Creating the Romantic Relationship of your Dreams

Join Yvonne and Rich Dutra-St. John, MA, MFT—co-founders of Challenge Day and Be the Change Movement, authors and transformational teachers—for this fun, rejuvenating couples retreat designed to deepen the love and trust you experience with your partner.

Known for their unique, compassionate approach, Yvonne and Rich create a safe and sacred space to shine a light on the current state of your relationship, providing practical and heart-opening tools for deepening your connection. Through experiential activities and by sharing the magic of their relationship and how they have stayed best friends and passionately in love for 31 years, you will:

- ***Rekindle the passion and magic that launched your relationship.***
- ***Expand the playfulness and fun you share as a couple, while increasing the understanding and acceptance of one another.***
- ***Deepen emotional intimacy. Practice powerfully effective tools for communication, compassionate listening and healthy emotional expression.***
- ***Learn and practice proven tools that will help to increase romance and reduce misunderstanding and conflict in your relationship.***

The workshop is inclusive to all couples in any form of romantic partnership. Give your relationship the gift of immersing yourselves into this beautiful retreat setting. Surrounded by ancient redwood trees, ample hiking trails and all-inclusive accommodations, it's the perfect setting to deepen your connection with your beloved. Makes a wonderful gift, too!



1440
MULTIVERSITY

What's included:

Couples Retreat – 3 Day Workshop with Rich & Yvonne

Couples Retreat Handbook – Complete Set of Teachings

Accommodations

1440 offers a range of rooms to meet your preferences and budget. All of their rooms have been thoughtfully designed to provide comfort, promote reflection, and foster connection. Don't want to stay on property? A "Commuter" option is available.

Meals

1440 offers three meals a day of fresh, vibrant, and organic seasonal cuisine. Omnivores and vegans will find many choices of natural, nutrient-rich ingredients, freshly prepared and served. While focused on plant-based cuisine, 1440 includes sustainable sources of chicken and fish, as well as gluten-free and lactose-free options, vegetables, grains, legumes, and tofu.

Daily Meditation and Yoga Classes

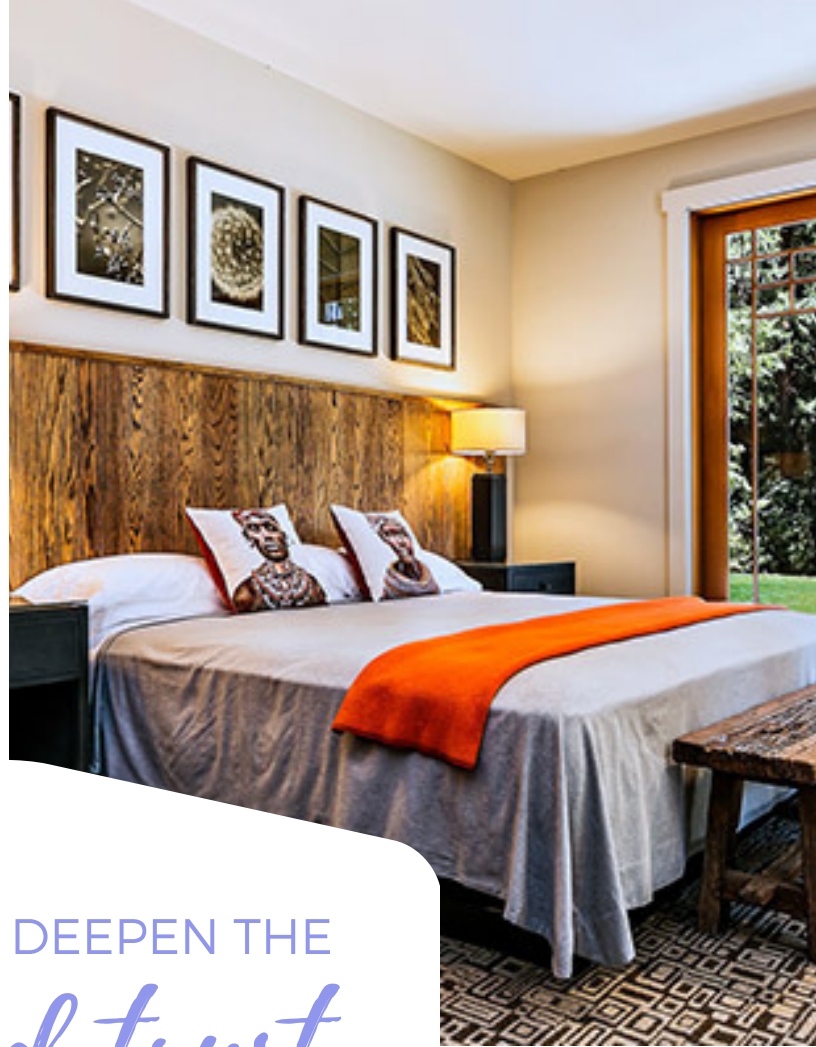
Non-ticketed Evening Events

Use of the fitness center, steam rooms, outdoor whirlpool

Miles of private hiking trails surrounding the property

\$375 Per Person

Plus the cost of two nights of accommodations of your choice, based on double occupancy. For those wishing to stay off property, there is a "Commuter" option.



DESIGNED TO DEEPEN THE
love and trust
YOU EXPERIENCE TOGETHER.

1440.ORG | CHALLENGEDAY.ORG



CHALLENGE
DAY

BE [♥]the
CHANGE

1440
MULTIVERSITY