



The
COUPLES SACRED
INTIMACY
Retreat

Explore - Experience - Evolve

WWW.BLISSANDRELAXATION.COM

Overview

What to expect when you join our community or attend a retreat

Our work is based within the structures of Intimacy Coach International to make it possible to create sensual and nurturing environments to learn about Sacred Intimacy.

We work within a Code of Conduct and explain our processes **before engaging in session** to enable you to learn in a way that works within your specific relationship design.



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Welcome!

We welcome you to the Sacred Intimacy for Couples Retreat

Each couple has a dynamic for Intimacy that is specific to their Relationship Design. This Retreat opens up ideas and possibilities for Couples within the modalities of Neo Tantra, Taoist Sexual /Life Force Energy work, Sensual Yin Massage & Bliss Breathwork

May there be a comfortable and pleasurable way forward for all those interested in expanding pleasure, connection & love within their Sacred Intimate Connection!

Annie & Tim



LEARNING SACRED INTIMACY

Starting with the foundation techniques, in a beautiful mindful environment, it is possible to explore, experience and evolve your intimate life

Most of our intimate and sexual life is learned, often inaccurately, through porn and partners, which is not a very effective way of being able to access deeper connection and intimacy. Being with our coaches and your partner in a bounded learning space is a beautiful way to learn techniques that can expand your intimate connection whilst keeping the focus on you as a couple,, honouring your specific dynamic & belief systems



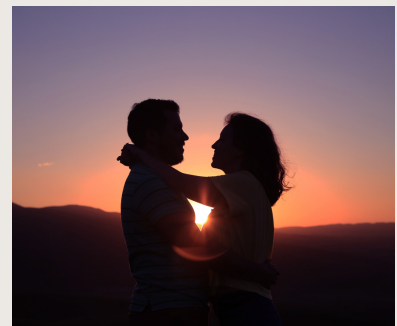
NERVOUS SYSTEM GROUNDING

We teach breathwork and techniques that relax and ground the Nervous System making more pleasure and connection possible on a physical level



BODY MAPPING & SKIN ACTIVATIONS

Touch techniques and body language recognised, taught in ways that provide delicious and connecting homework for couples!



CONNECTION & COMMUNICATION

Fun & practical ways to start having the conversations that will expand and evolve your intimate life, and gently guide towards deeper intimate intuition



BLISS BREATHWORK

We learn to regulate the Nervous System through Bliss Breathwork techniques, releasing anxiety and stress and creating more pleasure & connection

Having an immersive experience with your partner on retreat is often the reset that couples need, especially when combined with learning new somatic touch techniques.



TEACHING COUPLES

You can choose to learn how to learn the massages and practice them at home, we suggest that you wear a swimming costume and sarong/robe to learn Sensual Yin Massage on this retreat.

THE COUPLES' EXPERIENCE

We teach in a way that respects your sacred intimate bond, by working as a couple to demonstrate these massage techniques whilst you work with your partner on this retreat.



Sensual Yin Massage is a beautiful way to regulate your nervous system and reconnect with your partner through the release of oxytocin based touch techniques and bliss based breathwork!

The learning or Massage session will always be explained to you **before you experience it**, and we always take your individual requirements into account to give you the best and most comfortable learning and receiving experiences with massage!

With most Massage Workshops we teach as a couple, or with a model, so that you work exclusively with touching your partner if you are learning the massage techniques



NEO TANTRA & SACRED

Sensuality



*On this weekend retreat
we explore & experience:*

- Understanding NeoTantra Foundations
- Bliss Breathwork
- Bliss Body Massage
- Body Mapping
- Skin Activations
- Yin Sensual Massage
- Somatic Pleasure Reset



FREQUENTLY ASKED QUESTIONS



DO I NEED TO KNOW YOGA OR BE VERY FIT TO ATTEND?

No, it's a very gentle retreat, but can involve long periods of sitting, so a general level of good health is required

IS THIS RETREAT SUITABLE FOR BEGINNERS?

Yes, this retreat is suitable for beginners to Neo Tantra or massage work

WILL I HAVE TO INTERACT WITH OTHER COUPLES?

All touch sessions are only with your own partner, and if you choose not to share during talk sessions there's no pressure to do so.

THIS RETREAT IS NOT SUITABLE FOR:

People with sexual trauma with severe unexpected flashbacks or triggering or couples in severe relationship breakdown or crisis.



BOOKINGS & DEPOSIT



WHERE IS THIS RETREAT BEING HOSTED?

At a beautiful villa in Umzumbe, Hibiscus Coast called "The White House"

<https://www.umzumbewhitehouse.co.za/>

PRICING & DEPOSIT

R7300 per couple Twin beds
R9997 Per couple Sea Facing
Double Ensuite bathroom
Deposit 50%

HOW DO I BOOK?

*Email us at
senseyouwellness@gmail.com
Your booking is confirmed with
deposit*

I STILL HAVE QUESTIONS..:

We are quite happy to offer you a 20 minute complimentary Zoom call to check this retreat is right for you and answer questions!

Email us at senseyouwellness@gmail.com



Thank you

Annie & Tim

COUPLE LED HOLISTIC INTIMACY COACHING

Anne-Marie has appeared on 702, Radio Today, Power FM and Kaya FM talking about Conscious Sexuality & Neo Tantra. She has been a guest columnist for the Saturday Star, been featured in Women & Home Magazine and has appeared on ETV's "Great Expectations" speaking on regaining libido after childbirth.

She also writes for Odyssey Magazine as a columnist for her column "Blissexology"

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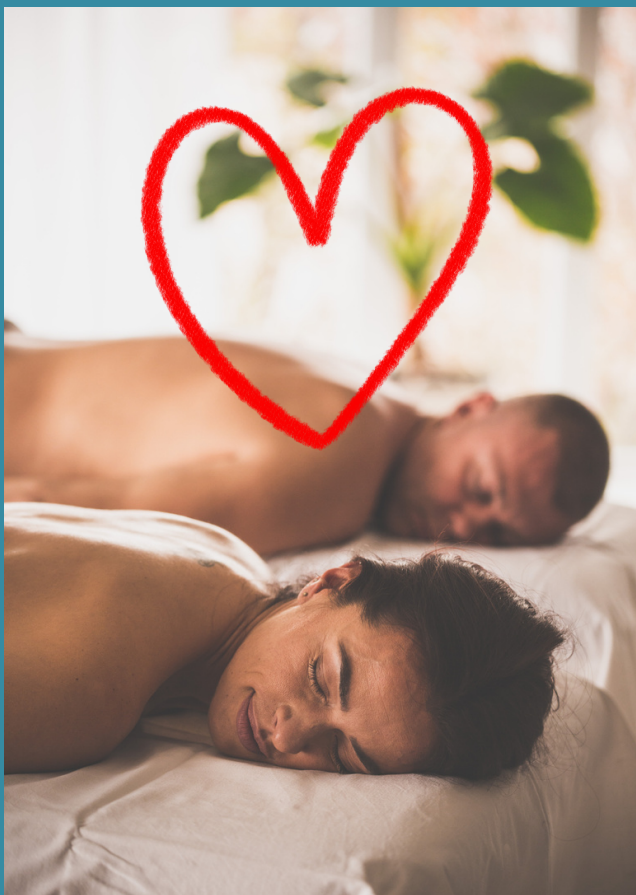
Couples Sacred Intimacy Retreat

FEB 23 -25 (2024)
HIBISCUS COAST- KZN
SOUTH AFRICA



From R7300 per couple

Experience:



Sensory Yin Massage
Bliss Breathwork for pleasure
Body Mapping with your partner
2 nights accommodation (Sea View)
All sessions and notes plus an online course worth \$199
Nourishing vegetarian meals, drinks and snacks
For MORE INFO/Bookings
Whats App +27 73 539 4723
Email: senseyouwellness@gmail.com