



The

# YIN MASSAGE FOR COUPLES

Virtual Retreat

Explore - Experience - Evolve

[WWW.BLISSANDRELAXATION.COM](http://WWW.BLISSANDRELAXATION.COM)



# Your Guides

***We welcome you to the Yin Massage for Couples Virtual Retreat***

Annie & Tim have been together for 29 years, and have run retreats and workshops for couples for 11 years.

We know how to create comfort for couples learning this work, who want to expand their relationship in a gentle and safe way, with honour and respect for their individual relationship dynamic.

Welcome to the world of Sense You Wellness!

Annie & Tim



# WHY YIN MASSAGE FOR A COUPLE?



## 01 YIN MASSAGE HELPS LIBIDO BALANCE

Yin Massage helps BALANCE libido, either raising or lowering it to match your partner through oxytocin based conscious touch

## 02 SPARKS SENSUALITY & HEIGHTENED PLEASURE

These techniques create deep bliss and relaxation in the body to reawaken desire in partnership

## 03 RELEASES ANXIETY AND STRESS

These techniques combined with the nervous system work we teach, help release anxiety and create more connection and relaxation between couples

## HOW DO I KNOW IF THIS IS RIGHT FOR US AS A COUPLE?

You can chat to us for free if you have more questions or want to know if this is the next step for you, email us at [info@blissandrelaxation.com](mailto:info@blissandrelaxation.com) to set up a quick informal zoom or what's app chat.

# TEACHING COUPLES

We suggest that you wear a swimming costume/  
sarong/robe to learn Sensual Yin Massage on this  
virtual 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



# 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 virtual retreat is suitable for beginners to 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.

### PLEASE NOTE

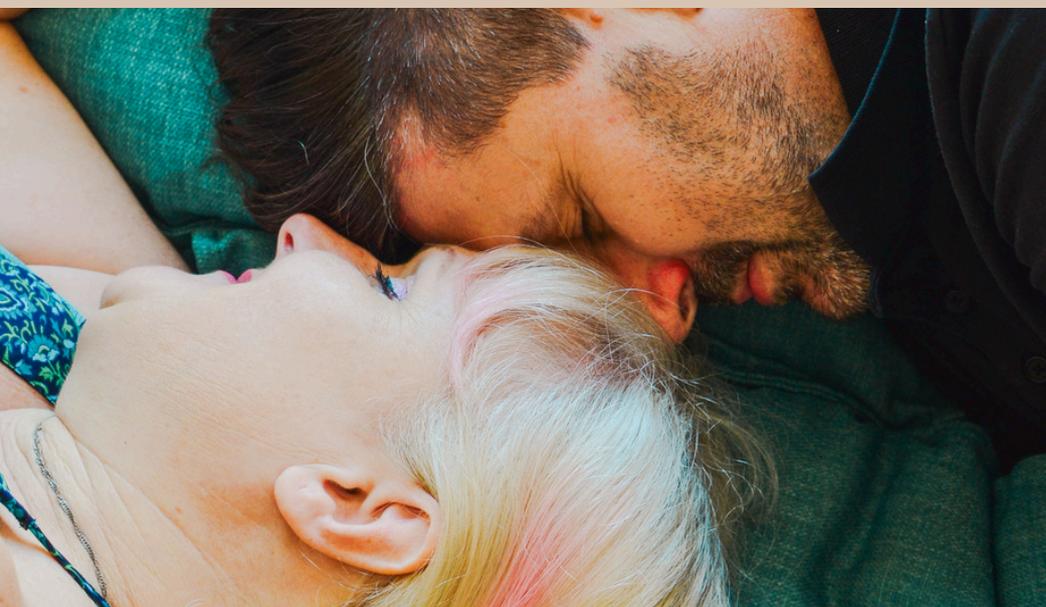
We only work with 6 couples MAXIMUM on these retreats to ensure personal guidance and attention

## 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



## 01 WHERE IS THIS RETREAT BEING HOSTED?

*As this is a virtual retreat you'll be sent a preparation guide for your home space when you book*

## 02 PRICING & DEPOSIT

\$199 (US) or R1999 (with EFT South Africa ONLY) per couple.  
Deposit 50% ensures your booking

## 03 HOW DO I BOOK?

*Email us at  
[info@blissandrelaxation.com](mailto:info@blissandrelaxation.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 [info@blissandrelaxation.com](mailto:info@blissandrelaxation.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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