



A Weekend to Remember ... Deepening the Bonds of Love

Friday & Saturday, June 15 & 16

9am - 6pm

Mission Bay - San Diego

Learn how to really connect with your partner in
this Intensive Couples Weekend Retreat

Cost per Couple - \$647

Early registration by May 25th - \$597

Space is Limited. Register today (619) 825-5982

www.HoldMeTightSanDiego.com

Enrich a healthy relationship, revitalize a tired one, or rescue one gone awry with this healing, highly successful, research based approach; proven to help couples heal distressed relationships. This two full day workshop is based on the book “**Hold Me Tight**” by Dr. Sue Johnson, Founder of Emotionally Focused Therapy.

You will learn to

- * Show love with more fullness, aliveness, presence, and deeper connection
- * Break the cycles of frustration and isolation in your relationship
- * Make sense of your own as well as your partner’s emotions
- * Communicate your emotional needs for connection
- * Deepen your romantic and sexual connection



Lisa Ruderman, MFT
Certified EFT Therapist
Supervisor and Trainer



Julie Kyker, MFT



Carolyn Gerard, MFT

