

Mindful Sexuality Retreats for Couples, Helping Professionals and Their Partners



- Facilitators:** Maci Daye and Halko Weiss
- Wrkshop:** Four sequential 3-day modules that can be taken separately (in order) or as a unit
- Location:** Retreats are held near Asheville, NC and Atlanta, GA
- Dates:**
- Part 1:** Erotic Presence, Dec 4 – 6, 2015
 - Part 2:** Erotic Cooperation, Jan 29 – 31, 2016
 - Part 3:** Erotic Expression, June 17 – 19, 2016
 - Part 4:** Erotic Attunement, Aug 19 – 21, 2016

If you're in a relationship, or work with couples, you understand the struggle to sustain the excitement and desire of new love. When intensity fades and sex becomes lackluster, it's easy to fall into routines or source aliveness elsewhere. Is there a way to enjoy the benefits of commitment without giving up thrills? Can we establish a more awake and passionate erotic life despite aging, stress and sexual familiarity?

Continuing Education Units:

18 CEs will be awarded for each module by the Georgia Association for Marriage and Family Therapy (GAMFT). CEs may also be offered by AASECT, pending approval.



Tending Eros in Long-Term Relationships



SEXUALITY RETREATS FOR COUPLES

The answer is yes, especially when we become aware of the numbing effect of automaticity in long-term relationships. When love is new, every sexual encounter is a journey to unknown places, but eventually our curiosity gives way to routines that sacrifice exploration for efficiency. While most people long for intimate and enlivening excursions, they develop patterned ways of relating that undermine the very aliveness that they seek. Passion and Presence® helps couples establish a more vital erotic connection, using mindfulness to cultivate the qualities that make sex satisfying and mysterious.

Our retreats are for couples of all orientations who want to renew, restore or deepen their erotic relationship. They are designed for both couples who are thriving sexually and for those who long for more ease in this area.

Passion and Presence® retreats may be especially helpful if you are:

- Just beginning a relationship, but eager to build a solid erotic foundation
- In a loving relationship, but having little or no sex
- Insecure and possibly embarrassed to speak openly about your desires and fears
- Stuck in power struggles, hurt or resentment related to sex
- Adjusting to physical changes due to aging, disability or stress
- Seeking more sexual exploration and play
- Interested in using your erotic relationship for growth and transformation

Our training programs are conducted in a safe, judgment-free environment by two licensed psychotherapists who have been practicing and teaching mindfulness for decades. Each retreat combines lecture, discussion and non-sexual experiential activities to learn and practice the model. Gentle assignments, completed in the evenings and on breaks, enable participants to enable participants to practice mindful sexuality. These activities will be processed with the leaders and other group members to help integrate the benefits into daily life.



PART 1

Erotic Presence: Using Mindfulness to Deepen Intimacy and Enhance Desire

In this introductory retreat, we explore the ebb and flow of desire in long-term relationships.

OBJECTIVES:

1. Discover ways to tend Eros in long-term relationships.
2. Explore the many expressions of sexuality and what sex means to you.
3. Understand how emotional learning shapes sexual reactions and behaviors.
4. Communicate from the "Internal Observer."
5. Practice "Seeing Fresh" to overcome the "Familiarity Trance."



PART 2

Erotic Cooperation: Becoming a Conscious “Erotic Team”

In this second segment of the training, we learn to embrace erotic challenges as a transformational path. The intent is to develop a strong alliance by becoming naked with one another.

OBJECTIVES:

1. Understand and begin to resolve sexual impasses and deadlocks.
2. Recognize and work with “Protector” and “Protected” internal parts.
3. Learn a variety of self-regulation strategies.
4. Identify implicit contracts that stifle self-expression.
5. Use mindfulness to overcome the “Safety Trance.”



PART 3

Erotic Expression: Befriending the Many Guises of Desire

In this third segment of the training, we use the erotic relationship as a theatre upon which our various erotic “parts” can find safe expression.

OBJECTIVES:

1. Practice the skill of “Parts Play” to become more integrated and self-expressed.
2. Use Mindful Co-Investigation to explore erotic triggers and aversions.
3. Co-design erotic scenarios from each partner’s fantasy life.
4. Use embodiment practices to honor the physical expressions of “yes” and “no.”
5. Develop comfort with disclosing sexual desires and fears.



PART 4

Erotic Attunement: Dancing with Desire to Access Mystery and Aliveness

In this fourth segment of the training, we access our Pure Erotic Potential™ by learning to follow Eros into unexpectedly rich places.

OBJECTIVES:

1. Overcome automaticity by entering every erotic encounter “fresh.”
2. Use mindfulness to overcome the “Performance Trance” and become fully embodied.
3. Recognize habits that block sensitivity to erotic needs, self-expression, pleasure and relaxation.
4. Source your intrinsic eroticism and find authentic pathways for it's expression.
5. Learn to attune to the erotic thread as it unfolds moment-to-moment.



Maci Daye, Ed.S, Ed.M

Maci is a Certified Sex Therapist who offers a hopeful and transformational way of working with the sexual issues that arise in all long-term relationships, not just troubled ones. She created Passion and Presence® out of her career as a Licensed Professional Counselor and Certified Trainer of Hakomi Mindfulness-Centered, Somatic Psychotherapy.

Maci has graduate degrees in Education and Counseling from Harvard and Georgia State Universities and completed the Level II, Intermediate Phase of Somatic Experiencing --the trauma work developed by Peter Levine. She leads professional trainings and couples retreats in the USA, Australia, Finland, Mexico and Spain.

Halko Weiss, Ph.D.

A German native, Halko has been a Clinical Psychologist and couples therapist for more than 30 years. He is a Trainer for the European Academy for Couples Therapy and a lecturer at the University of Marburg. Halko also leads corporate training programs on emotional intelligence in the workplace.

Halko is a founding Senior Trainer of the US, German, Australian and New Zealand Hakomi Institutes. He is the creator of the Hakomi Embodied and Aware Relationship Training (H.E.A.R.T) and the author of numerous publications, among them (in German) the Handbook of Somatic Psychology and The Mindfulness Book.



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DETAILS

WORKSHOP DATES & LOCATION

- Part 1: Erotic Presence:**
Using Mindfulness to Deepen Intimacy and Enhance Desire
Dec 4 – 6, 2015
- Part 2: Erotic Cooperation:**
Becoming a Conscious "Erotic Team"
Jan 29 – 31, 2016
- Part 3: Erotic Expression:**
Befriending the Many Guises of Desire
June 17 – 19, 2016
- Part 4: Erotic Attunement:**
Dancing with Desire to Access Mystery and Aliveness
Aug 19 – 21, 2016
- Venue: For Part 1 and Part 2**
The Inn at Serenbe
10950 Hutcheson Ferry Road
Chatt Hills, GA 30268
770.463.2610
Email: stay@serenbe.com
Website: serenbeinn.com

COST PER RETREAT:

- Cost:** \$1350 and includes lunch
- Discount:** There is a \$75 tuition discount if you register by September 15 (Part 1 December retreat).

REGISTRATION & CONTACT INFORMATION:

- Registration:** To register for the December workshop, go to the **Upcoming Events** section of the Passion and Presence® website: www.passionandpresence.com
- Contact:** For more information contact Scarlett Ross:
info@passionandpresence.com