



PASSION & PRESENCE

RENEW • RESTORE • and DEEPEN EROS



erotic
PRESENCE



erotic
COOPERATION



erotic
EXPRESSION



erotic
ATTUNEMENT

PASSION & PRESENCE®
Mindful Sexuality
Retreats for Couples,
Helping professionals
and their Partners

Tending *Eros* in
Long-Term Relationships *with Maci Daye, LPC and Halko Weiss, Ph.D*

FOR INFORMATION ABOUT THE RETREATS: email Noella at info@passionandpresence.com
or visit us online at www.passionandpresence.com



DETAILS

FACILITATORS | Maci Daye
and Halko Weiss



FORMAT | **Four sequential modules that can be taken separately or as a unit.**
Parts 1 and 2 must be taken in order and before Parts 3 and 4.
Expression and Attunement (Parts 3 and 4) may be taken together or separately (and in any order).

PARTS | Part 1: ***erotic* PRESENCE**

Part 2: ***erotic* COOPERATION**

Part 3: ***erotic* EXPRESSION**

Part 4: ***erotic* ATTUNEMENT**

OVERVIEW

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?

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 & 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 that want to renew, restore or deepen their erotic relationship. They are designed for couples that are thriving sexually and for those who long for more ease in this area.

PASSION & PRESENCE®

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 practice mindful sexuality.

PART 1: *erotic* PRESENCE

Enhancing Intimacy and Desire with Mindfulness

In this introductory retreat, we explore the ebb and flow of desire in long-term relationships. You will learn how mindfulness can revitalize your erotic bond and transform your relationship.



erotic
PRESENCE

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. | **Reduce** reactivity by communicating from the “Internal Observer.”
5. | **Practice** “Seeing Fresh” to recover curiosity for one another.

PART 2: *erotic* COOPERATION

Becoming a Conscious “Erotic Team”

In this second segment of the training, we embrace erotic challenges as a transformational path. You will learn to use normally divisive issues to become cooperative allies.



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. | **Use** Mindful Co-investigation to explore erotic triggers and aversions.
5. | **Experience** an undefended way of loving to deepen your connection.

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. | **Co-design** erotic scenarios from each partner’s fantasy life.
3. | **Recognize** implicit contracts that stifle growth and creativity.
4. | **Learn** how “safe sex” in committed relationships can undermine trust.
5. | **Recognize and honor** the body signals of “stop,” “slow down” and “continue.”

PART 4: *erotic* ATTUNEMENT

Following the Erotic Thread Unfolding Between You

In this fourth segment of the training, you will access more of your Pure Erotic Potential by letting your body be a vessel for expressing the erotic energy inside of you.



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.

TRAINERS

Maci Daye, Ed.S, Ed.M

Maci is a Certified Sex Therapist and Creator of Passion and Presence. She offers a hopeful and transformational way of working with the sexual issues that arise in all long-term relationships, not just troubled ones. Passion and Presence grows out of Maci's career as a Licensed Professional Counselor and Certified Trainer of Hakomi Mindful 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 has led professional trainings and couples retreats in the USA, Australia, Europe, New Zealand and Mexico.

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 *Hakomi Mindfulness-Centered Somatic Psychotherapy: A Comprehensive Guide to Theory and Practice* and *The Handbook of Somatic Psychotherapy and Somatic Psychology*.