



Passion and Presence® Couple's Retreats

Join us for our [Awakened Intimacy training](#) — a transformational journey for couples who want a vibrant and growthful erotic life together.

25 April 2023 - 1 October 2023

THE AWAKENED INTIMACY PROGRAM CONSISTS OF:

- two 7-day couple's retreats in Mallorca, Spain
- four virtual training weekends
- three private couples sessions
- meetings with other couples
- video recordings



BY ATTENDING THIS PROGRAM, YOU WILL HAVE:

- more willingness to be erotic
- acceptance of imperfect encounters
- more creativity, play, and exploration in your lovemaking
- freedom to revise or dispense with limiting sexual scripts
- less fear of getting triggered during sex
- greater comfort in talking about sex
- a sense of being in it together
- an understanding of what's behind your discomfort and avoidance
- healing of shame and erotic wounds
- a plan for tending eros through the seasons of your life



The Challenges and Rewards of “Real-Life” Sex

IF YOU'RE LIKE MOST COUPLES, YOU CYCLE THROUGH PERIODS OF:

- having sex infrequently, or not at all
- having conflicted feelings about sex
- feeling defective in some way
- being afraid to ask for what you want
- being too tired or stressed for sex
- feeling bored by your routines

Strange as it may seem, we can use these issues to evolve through the practice of Awakened Intimacy.



Mindfulness is key—it’s your “*superfood*” for sex and conscious coupling.

While there’s no such thing as “perfect sex,” you can step out of numbing routines and limiting mindsets now and always.

When you bring a gentle awareness to your direct experience, you cultivate presence and a spirit of exploration that enlivens eros.

Let us show you how to establish a state of mind for creative, engaged, and intimate sex.



How are we different from other couples retreats?

Our specialty is helping you update your sexual operating system.

Sexual problems often have little to do with sexual function or poor technique and a lot to do with what encodes in the “operating systems” of our erotic lives. These are your beliefs and mindsets based on early learning and past experiences. We will show you how to access and transform these deeper imprints to heal and grow together.

Our “sex workshops” are about so much more than sex.

For us, sex is a portal to “Awakened Intimacy,” a path of healing, growing, and becoming wakeful through the erotic channel.

In all long-term relationships, sex becomes complicated. Instead of resisting, fixing, or ignoring our real-life struggles, we can plumb our depths (gently and mindfully) to discover what is standing between us and our pure erotic potential.

In so doing, we access our innate wisdom, compassion, and aliveness.

We combine the East’s perennial wisdom with the best of Western neuroscience and contemporary sex therapy.

Mindfulness is central to everything we do. As trainers of Hakomi Mindful Somatic Psychotherapy, Maci and Halko have been practicing and teaching mindfulness for decades and use it to deepen their emotional and sexual connection as a couple.

While mindfulness teaches us to be with real life in a curious and accepting way, we also integrate proven ways to transform based on brain science. Maci is a certified sex therapist who knows about desire issues, the effects of aging and illness on genital function, and alternate love styles and erotic preferences. She also has training in working with trauma.

You’re the Boss, and You Don’t Need Fixing.

You won’t find diagnoses or judgment here. We aren’t “fixers,” but we are gentle, non-pathologizing, sex-positive, and trauma-sensitive.

Roles, norms, and labels are changing rapidly, and we’re in confusing yet exciting times filled with uncertainty and possibility.

We celebrate that our experiences are unique and support you in creating a sex life that is rewarding for you as a couple.

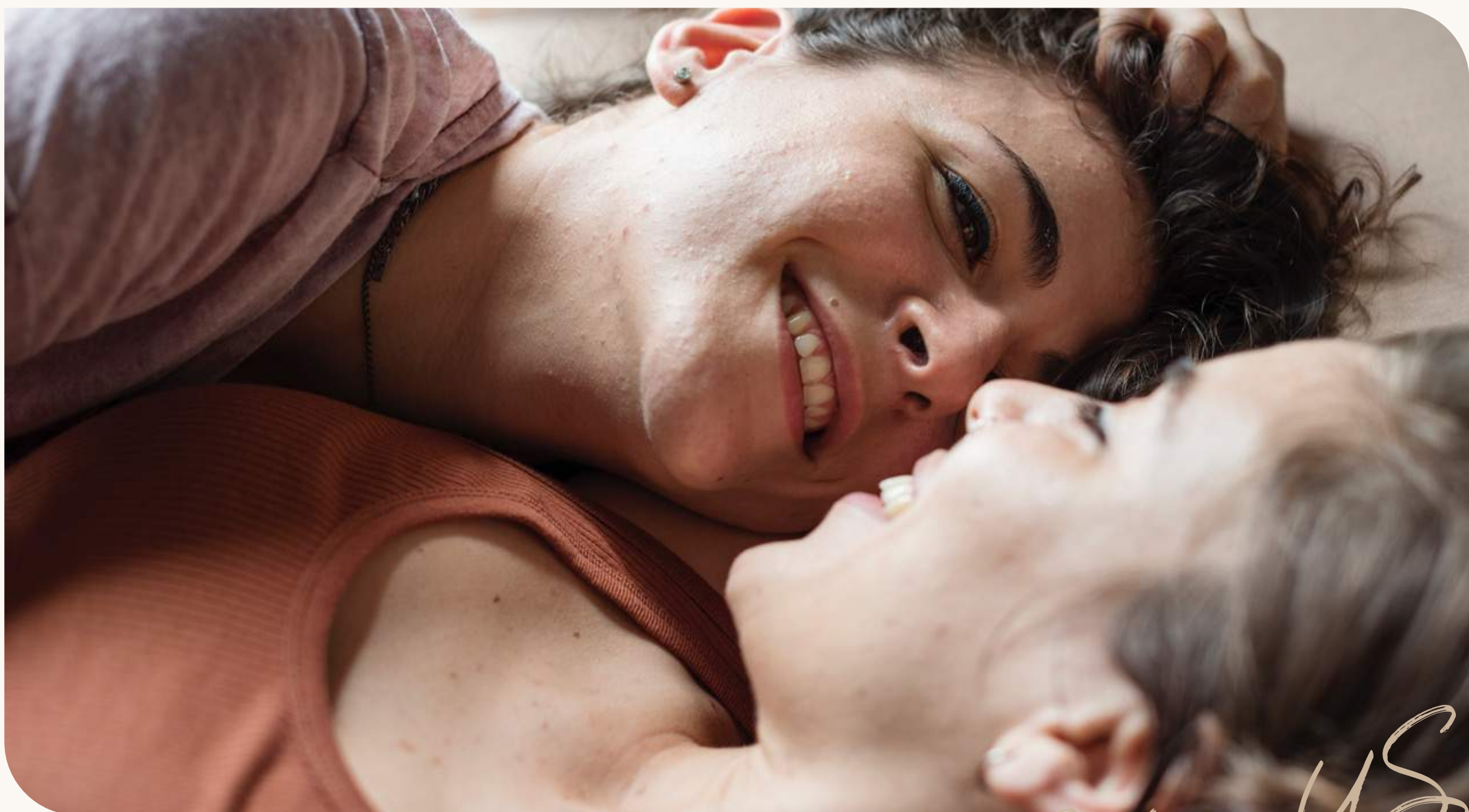


The Awakened Intimacy Program for Couples

As our relationship changes, we face ongoing challenges to intimacy and desire.

These challenges can lead to conflict and disengagement. Or they can be a portal to creativity, connection, and growth.

The Awakened Intimacy program will help you (re)awaken your erotic connection and establish a conscious, engaged, and heart-full love relationship.



Join US!

VIRTUAL RETREAT

Prerequisite: Mini Retreat 'Sampler'

Our "mini" retreat, "Enhancing Erotic Presence", lets you sample our approach and gently "re-set" your erotic life. Discover why mindfulness is the "superfood" of great sex and practice four core skills of Awakened Intimacy.

Skills: Mindful Touch, "Catch & Release" Technique, Response-Agility, Befriending

To learn about the price and dates of our next Awakened Intimacy program, please go to [our website](#).



LIVE RETREAT

THE AWAKENING OF EROS: Presence, Curiosity, Healing, and Growth

In our first retreat, we will create our container as a learning community and support you as a couple in becoming a cooperative team. Through the practice of "Seeing Fresh" and other mindful practices, we will overcome the dulling of eros with familiarity and learn to cultivate a state of mind for creative and pleasurable erotic encounters.

The retreat leaders will hold space for you to connect with renewed presence and curiosity as you gently transform imprints and wounds that dampen your aliveness. With our compassionate coaching, you will begin to access the deeper, often hidden vulnerabilities at the core of your conflicts and engage in conversations about sex that build ease and trust.

Skills: Mindful self-study, reporting from the observer, seeing fresh, planting hearts, RIL diagramming process, self-dialogue

VIRTUAL RETREAT

THE HEART OF EROS: Vulnerability, Cooperation, and Trust

Just as growth is evident when the first shoots surface from beneath the soil, our erotic connection grows whenever we disclose the hurts and fears that underly our self-protective strategies. In a series of online retreats, you will discover how an undefended way of loving opens the door to awakened intimacy.

You will learn to work with your reactive states, tend your relationship ongoingly, and team up to embrace your different rhythms, levels of desire, and arousal pathways.

Skills: PREP Process, Care Cycle, Dis-identification, Monitoring Your States

20
hours
of virtual training
and coaching



VIRTUAL RETREAT

THE CREATIVITY OF EROS: Imagination, Expression, and Play

The Creativity Of Eros

In our second virtual retreat, you will mine your erotic imagination to explore your desires and reclaim exiled parts of yourself. Healing shame and honoring your boundaries allows you to enjoy the banquet of delights eros lays out for us instead of hiding and shrinking your erotic potential.

We will engage in shame-releasing rituals and practice somatic self-attunement, or "embodied consent," to listen inside for our yes, no, or maybe. You will gently befriend and mindfully explore your fears and sexual aversions, sharing the deepest parts of you to become intimately connected. By creating a shame-free zone as a couple, you will expand beyond stifling routines and become more fully expressed.

Skills: Mindful Co-Investigation, Parts Play, Embodied Consent, Mindful Query, 3-Step Ask

20
hours
of virtual training
and coaching

LIVE RETREAT

THE EMBODIMENT OF EROS: Surrender, Freedom, and Flow

The Embodiment of Eros

In our final retreat, you will use the EROS cycle to release your templates and reference points and recover the creativity and transformational potential of goal-free sex. For this, we let go of our ideas of "great sex" and enter "the dark," allowing ourselves to find and follow the flow of eros energy moving through our bodies.

When we tune into this universal turn-on, we can engage in an unscripted, improvised call and response that enables us to source our erotic potential no matter our age or years together. We will use Mindful Co-Investigation to work with our barriers to embodying, responding, receiving, and savoring, taking a "naked pause" when striving or becoming automatic.

As part of our integration and completion activities, you will craft a sustenance plan for eros through the seasons of your journey together.

Skills: EROS Cycle, Erotic Attunement, Leading and Following, The "Naked Pause"



The Awakened Intimacy program consists of:

2

couple's retreats
in Mallorca, Spain

7
days

duration of each
couple's retreats

4

virtual training
weekends

3

private couples
sessions

+ MEETINGS WITH OTHER COUPLES

+ VIDEO RECORDINGS

Live Retreat Format

Each day consists of morning mindfulness practice followed by “tribe time,” where couples meet with other couples. After gathering as a whole group to explore themes, we give short talks and demonstrations followed by practice exercises with your partner.

You will be fully clothed for these exercises and will not engage in any sexual contact in class. Staff is on hand to provide supportive coaching.

Virtual Retreat Format

We will meet from [14:00-19:00](#) on both days via [Zoom](#). You will receive recordings on relevant topics ahead of time so that we can practice new skills during our time together.

We will hear from each couple [on Saturday](#) and offer coaching to address your needs. These weekends are informative, impactful, and deepening for the group. Please plan to attend every weekend.



Entrance Requirements

1

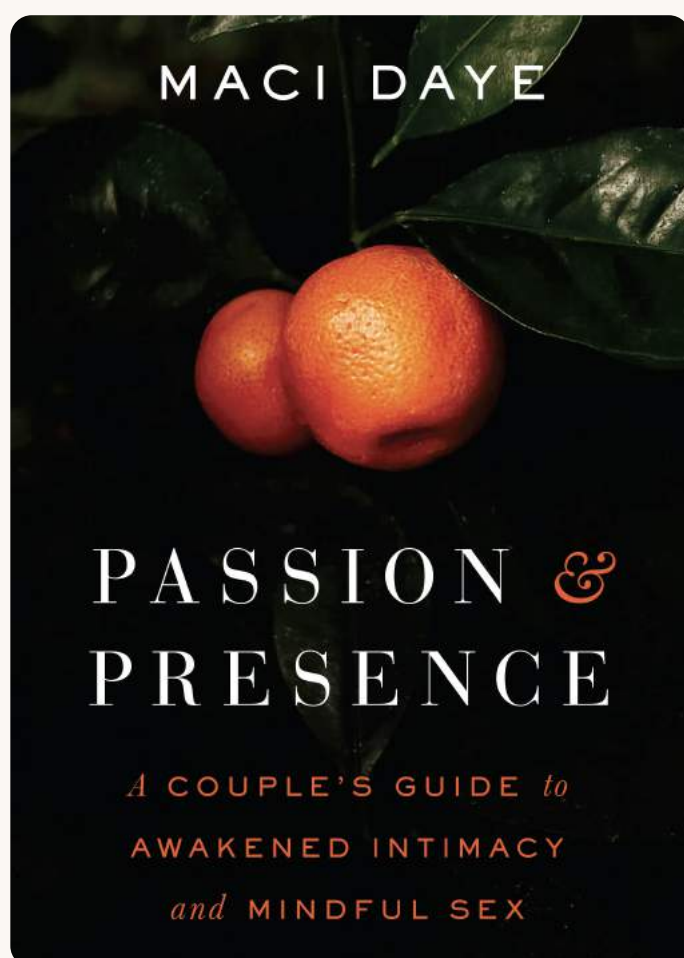
COMPLETE THE VIRTUAL MINI RETREAT

2

FILL OUT THE APPLICATION

3

WE'LL SCHEDULE A SHORT INTERVIEW TO
TALK ABOUT YOUR GOALS



Awaken your mindful sensuality and reconnect with your partner with **Passion and Presence.**

Passion & Presence® grows out of Maci Daye's training as a sex therapist and her career as a psychotherapist and international trainer of Hakomi Mindful Somatic Psychotherapy.

Daye addresses the everyday challenges of “real life” sex with gentle clarity, such as sex that has become routine, differences in preferences or desire, power struggles, a history of trauma, changes ranging from childbirth to aging, infidelity, communication challenges, and more.

Engaging stories depicting couples of diverse ages, backgrounds, genders, and orientations illustrate how the practice of Passion and Presence can help any couple establish a more intimate and wakeful erotic life.

“Maci Daye packs her hard-earned wisdom from her decades of helping couples use their sexual issues as paths to becoming more fully alive, intimate, and erotic, into the pages of this comprehensive and practical book.

Richard Schwartz

PHD Creator of the Internal Family Systems model of psychotherapy



Our faculty



Maci Daye

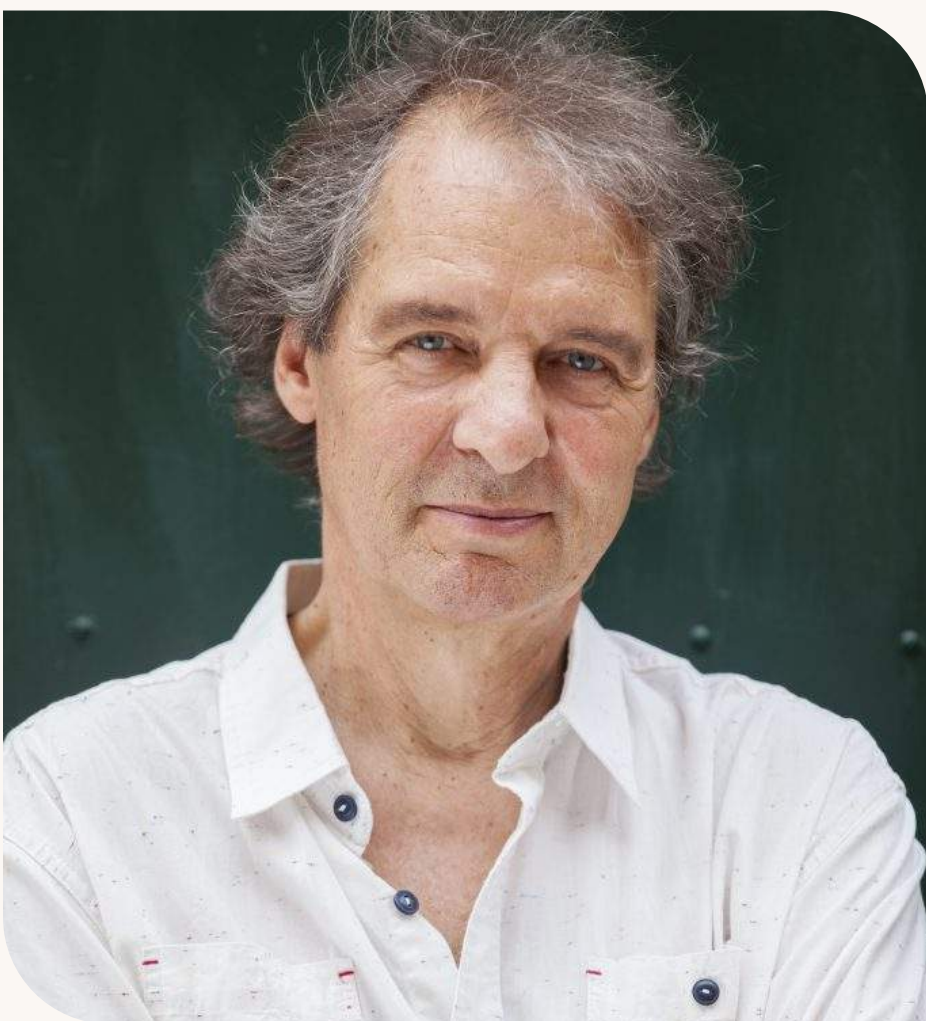
VIRTUAL SESSIONS TRAINER

LIVE RETREAT TRAINER

Certified Hakomi Trainer, Licensed Professional Counselor, and Certified Sex Therapist

Maci is the creator of Passion and Presence® and has led couples retreats and professional courses on her work in Europe, Australia, and the USA since 2010. Shambhala Publications released her book, *Passion and Presence: A Couple's Guide to Awakened Intimacy and Mindful Sex* in 2020.

Maci has degrees in Education and Counseling from Harvard and Georgia State Universities and a doctorate in Human Sexuality. In addition, Maci completed the Intermediate Level of the Somatic Experiencing training. She began her Hakomi journey in 1985 and joined the faculty in 2001. She was the Lead Trainer in Asheville, North Carolina, for nearly a decade and taught in Atlanta, Minneapolis, Princeton, Charlottesville, and various European cities.



Halko Weiss

LIVE RETREAT TRAINER

Ph.D., DBH, Dipl.-Psych., accredited Clinical Psychologist and lecturer on mindfulness, couples therapy, and body-centered psychotherapy

Halko authored 20 professional publications and ten books, gave more than 50 congress contributions, including keynotes, and won the Alice K. Ladas Research Award by the USABP in 2005. Halko co-founded the Hakomi Institute in Boulder, Colorado, and the Hakomi Institutes of Europe, Australia, and New Zealand and was instrumental in developing the Hakomi Method and its curricula worldwide.

In addition, he helped establish a successful coaching training program and an Emotional Intelligence training for executives in Germany. Halko also developed two comprehensive programs on couples therapy, and interpersonal skills taught internationally.



Julia Corley

VIRTUAL SESSIONS TRAINER

Certified Hakomi Trainer, Licensed Clinical Mental Health Counselor Associate, Somatic Experiencing Practitioner, and Licensed Massage and Bodywork Therapist

Julia has done healing work since 1998, first as a massage therapist with a passion for the mind/body connection and now as a somatic psychotherapist and educator. She teaches Hakomi in Mallorca and the Southeastern U.S. and is a facilitator for Right Use of Power, an ethics training created by Hakomi Trainer Cedar Barstow. Julia has studied with Maci since 2005 and Halko since joining the Passion and Presence team in 2011.

She lives in the Southeastern U.S. with her beloved husband and an amazing garden. Julia is passionate about helping people gently and mindfully explore who and how they are in their erotic lives.



Testimonials

“The material was fantastic and transformational. The safety in the space is amazing. Work like this couldn’t take place without it!

R.E.

“Although we love each other very much and remain committed to our marriage, the vitality and sexuality in our relationship had been lacking. Both my husband and I had a huge “aha” while practicing the exercises. We were able to slow down and connect in a deeper, more meaningful way. In one of the last sessions, a fellow participant came over and said, “I can’t stop looking at your faces, you are both so radiant!” This is exactly how we felt.

C.M.

“Your honesty, transparency, presence, mindfulness and encouragement has opened up the universe for us. We so valued how you held a loving, safe, investigative space where we could honestly and courageously look at ourselves and our relationship. I continue to be pleased and gifted by the possibilities you offer about being in relationship. I am so grateful for who each of you are. Your beauty and commitment to live and love inspires me.

D.B.

“My wife and I have struggled with this aspect of our relationship for years with little or no progress. It was so heartening to find we hadn't "tried everything." This approach feels true to me, and I'm so grateful we found it.

A.E.



Thank you!



Q&A

Questions & Answers

We're not your "typical" couple. Will we be welcome at your retreats?

Yes! We value diversity, equity, and inclusion in our retreats. Couples of all genders, orientations, and love styles are encouraged to attend.

Note that if you practice consensual non-monogamy, you will be addressing the issues you and the attending partner are experiencing to heal and grow together.

How much time will I spend outside the retreat?

You will receive homework exercises each day of the live retreat to practice the skills in an erotic context. These take 45 minutes to an hour.

Between live segments, you will:

- Listen to recordings on key concepts of awakened intimacy
 - Participate in four virtual training weekends (10 hours each)
 - Meet with other couples for support
 - Receive two private sessions with the leaders
 - Schedule an hour each week to practice the activities
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Do I have to do the practice activities?

Our program is based on a model of consent, which means you choose what's right for you. Most participants find these activities add safety, particularly if you're at an impasse, but you can modify them to fit your needs or elect not to do them.

Why do I meet with other couples?

We intentionally foster an environment to dissolve the silence around sexuality, leading many of us to feel deficient and ashamed. However, you are not required to share explicit details about your sex life at any time.

Is this the right time to participate in the retreat?

The Awakened Intimacy program is for committed couples in a loving relationship who want to use their challenges to heal and grow together. If you are in a crisis or find erotic content triggering, please wait until you are further on your healing journey. The program is not for estranged couples or those newly healing from an affair or trauma. However, if you are in the later phases of your recovery, please join us.



Information

To apply for The Awakened Intimacy program, you must complete the mini virtual retreat “Enhancing Erotic Presence” (check the schedule [here](#)), fill out [our application](#), and schedule a brief interview to discuss your goals.

To learn about the price and dates of our next Awakened Intimacy program, please go to [our website](#).

Or email us info@hakomimallorca.com



Passion and Presence® Couple's Retreats

*Begin the journey
now!*