

Monday, June 13, 2022

- 3:00 - 5:00 pm - Welcome
- 5:30 - 6:30 pm - Dinner
- 7:00 - 8:00 pm - Intro to Intimacy Couples Retreat

Tuesday, June 14, 2022

- 7:00 - 8:00 am - Intimacy with Self Yoga
- 8:00 - 9:00 am - Breakfast
- 9:00 - 10:00 am - Communication Intimacy Group
- 10:00 - 11:00 am - Private Couple's Session with Assessment Results & Letting Go
- 11:00 - 1:00 pm - Lunch and Free Time
- 1:00 - 3:00 pm - Fresh Beginning with Intimacy Group
- 3:00 - 4:00 pm - Friendship and Creative Intimacy Group
- 4:30 - 5:30 pm - Restorative Yoga
- 5:30 - 6:30 pm - Dinner

Wednesday, June 15, 2022

- 7:00 - 8:00 am - Intimacy with Self Yoga
- 8:00 - 9:00 am - Breakfast
- 9:00 - 10:00 am - Physical and Sexual Intimacy Group
- 10:00 - 11:00 am - Private Couple's Session - Rekindle the Passionate Connection
- 11:00 - 1:00 pm - Lunch and Free Time
- 1:00 - 3:00 pm - Emotional Intimacy Group
- 3:30 - 5:30 pm - Temascal or Inipi- Mind and Body Intimacy with Earth, Fire, Wind, and Air
- 5:30 - 6:30 pm - Dinner
- 6:30 - 8:00 pm - Cacao Ceremony - Mind, Physical, & Spiritual Intimacy

Thursday, June 16, 2022

- 7:00 - 8:00 am - Yoga Intimacy with Partner
- 8:00 - 9:00 am - Breakfast
- 9:00 - 11:30 am - Conflict and Forgiveness Intimacy Group
- 11:30 - 1:30 pm - Lunch and Free Time
- 2:00 - 4:00 am - Activities, Aesthetic, Recreational Intimacy w/ Ziplining
- 5:30 - 6:30 am - Dinner
- 7:00 - 8:00 pm - Intimacy Discussion Group

Friday, June 17, 2022

- 7:00 - 8:00 am - Yoga Intimacy with Partner
- 8:00 - 9:00 am - Breakfast
- 9:00 - 10:00 am - Intimacy Vows
- 10:00 - 11:00 am - Checkout