



workingthrough

REIGNITE YOUR RELATIONSHIP

WITH A COUPLES RETREAT IN SPAIN



It is only natural for couples to lose their spark, especially when our busy lives are taken up with demanding jobs, families, social activities and managing our homes. If you are looking to reconnect with each other and reignite your relationship, a couple's retreat will offer the perfect chance for you to spend quality time together.

Taking time away from your usual busy lives, relaxing, enjoying meaningful conversations and intimate moments, will help you to find your way back to each other. Our couples retreat offers the perfect opportunity for you to rest and find your spark again, before returning to your lives with a new outlook on life together.

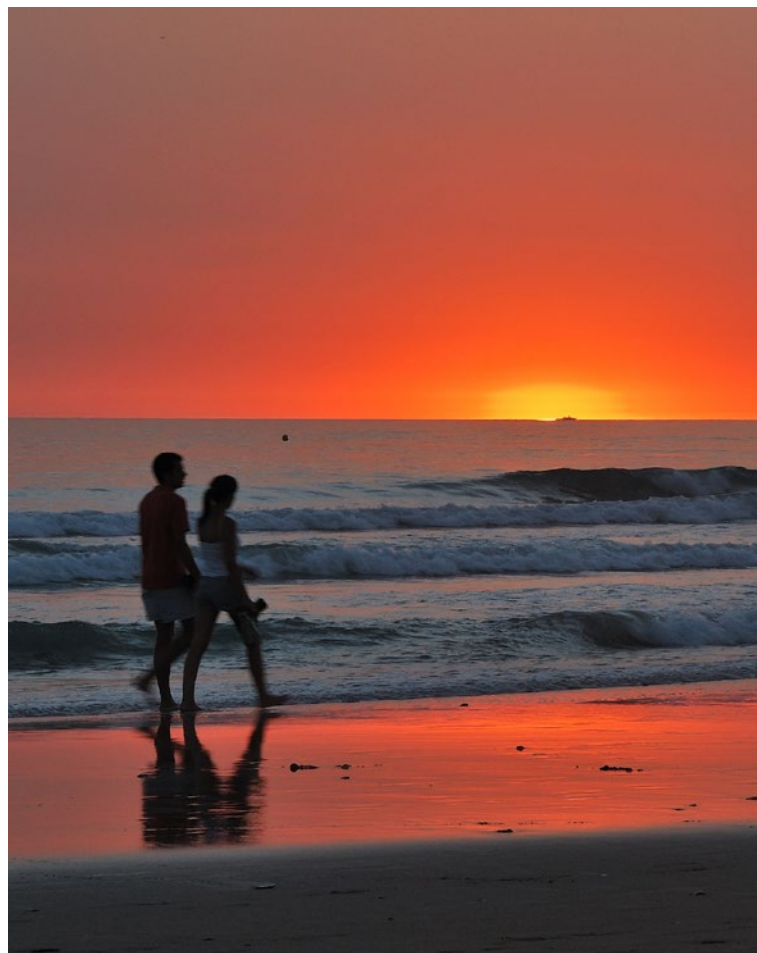


My name is Fabio, and I am pleased to be able to offer a regular monthly couples retreat in Cadiz, Spain. As a fully qualified psychotherapist, I specialise in psychosexuality and couples therapy, and my goal is to help couples explore their relationship in this beautiful area known for its peace, privacy, and tranquillity.

A MONTHLY COUPLE'S RETREAT IN THE BEAUTIFUL SOUTH OF SPAIN

With a group of up to 6 couples, the retreat will include both private and group sessions, with every individual required to sign a confidentiality agreement. Together couples will encourage and motivate each other, with the moral support needed to overcome the challenges which so many couples are facing.

The retreats begin on a Thursday afternoon and finish on the Sunday evening, with both practical and theory-based sessions included. Enjoy relaxing meals, a beautiful hotel, stunning scenery, and leave the stress of your lives behind as you regenerate your relationship with a new energy and level of intimacy.



THE BENEFITS OF A COUPLES RETREAT

We all need time away from our hectic lives, and a couple's retreat will provide the space you need to relax and enjoy time together. In our busy world, it can often feel as if we live separate lives without enough time for each other, an issues which will naturally take its toll on your connection as a couple. A romantic retreat, without the stress of your everyday lives, will provide you both with the time and space you need to communicate and simply enjoy each other.

The intimate setting of the country house is the perfect place to relax and learn more about the areas of your relationship which may need extra support. During our sessions, we will work through the most common issues such as overcoming conflicts, sexual intimacy, and communication, so that your relationship is reignited and solidified.

THE RETREAT SCHEDULE

We will start each day together with a healthy breakfast, which will lead us perfectly into our morning sessions. Every relationship requires maintenance, as it is so easy to be caught up in the daily grind. However, our sessions will help you to overcome your personal issues and re-establish your bond. The sessions will be held as a group and over the course of the retreat, we will work on the following areas within your relationship:

Communication

Couple's developmental stages

Drama triangles

Psychosexual education

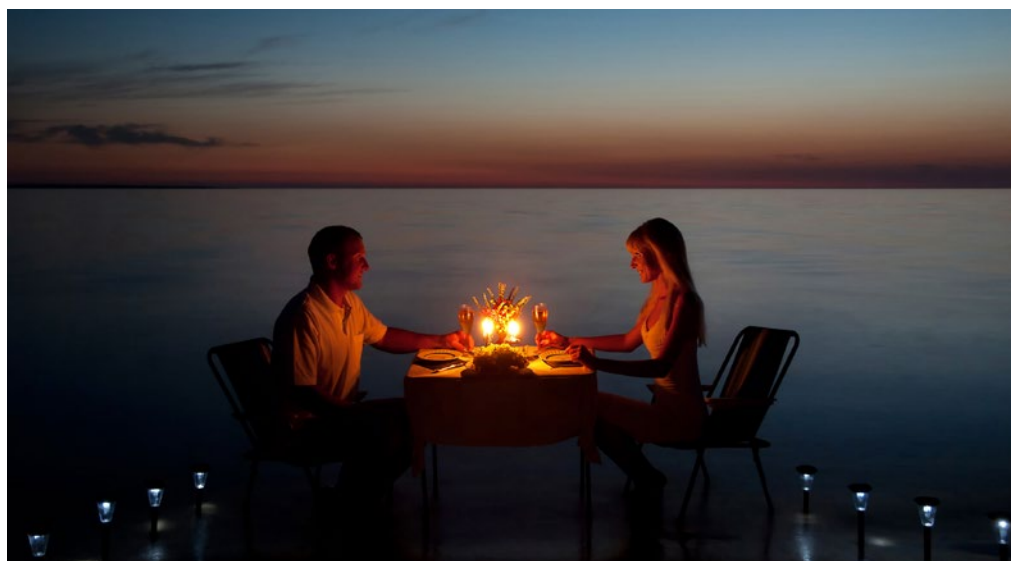
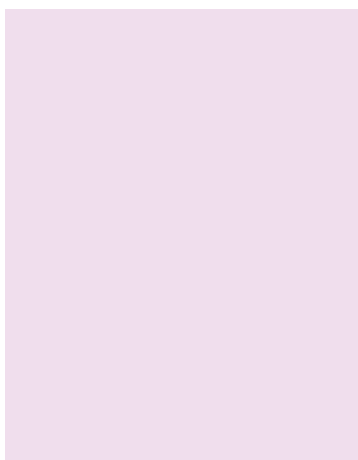
Jealousy

Affairs

Trust

Sex and desire

Following the morning sessions, we will take a break for an amazing lunch together, with couples then free to relax and enjoy the facilities of the house and its grounds. Every afternoon we will meet at 5pm for a one-hour fun salsa dance class, before enjoying our relaxing evening meal. We find that the combination of healthy food, fun activities and enlightening group sessions will boost your mood, wellness, and your sense of peace, as both an individual and a couple.



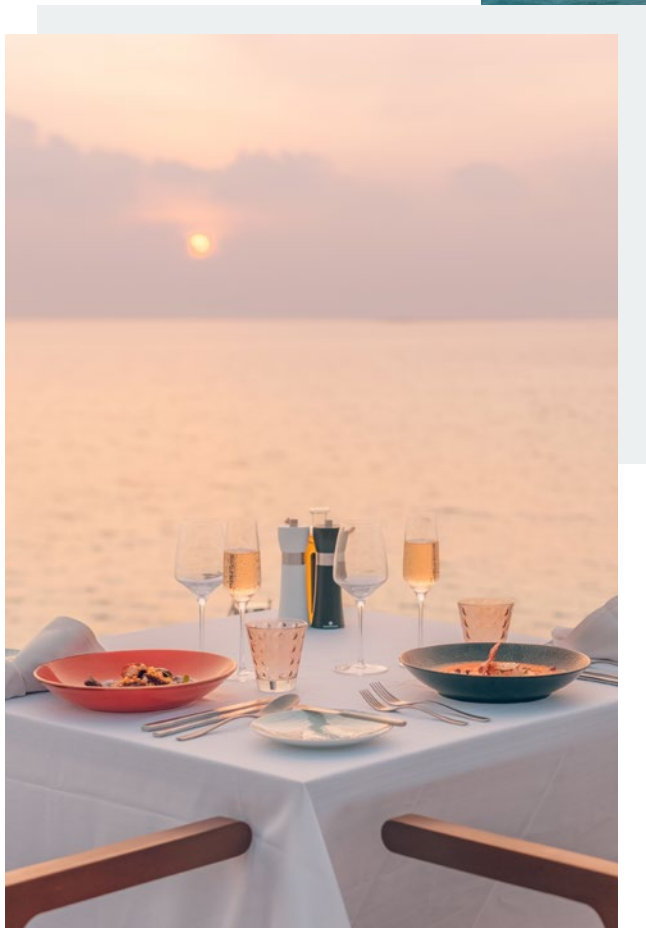
On the final day, guests are able to request a private romantic dinner within the grounds of the house. Relax with soft music, candles and you will even have the opportunity to renew your vows, as the perfect way to finish your couple's retreat. The end of the retreat will signal a new beginning for your relationship, and the start of your long and happy life together.

You are more than welcome to leave after your final Sunday evening meal, although our guests are advised to relax and enjoy the stunning house for a final night, before leaving on the Monday morning.

A STUNNING COUNTRY HOUSE

The retreat is held in a stunning country house, which is situated in Los Barrios, a small town in the Campo de Gibraltar which is 15 minutes' drive from Gibraltar airport. This stunning area of Andalucia is known for its rolling hills, beautiful white villages, relaxing coastline, and traditional feel, with the base for our retreat a perfect example of a Spanish colonial country house.

Naturally elegant and spacious, with its sweeping staircase, period style décor and spacious bedrooms. With three terraces, extensive gardens and a private pool, this grand house offers the perfect place to relax and enjoy the Spanish climate.



The retreat will include all meals, and our team have carefully created a menu which is inspired by the local Andalusian cuisine. Together you will enjoy healthy meals that fully reflect the famous regional dishes, whilst providing the perfect opportunity to relax and reflect on the day's activities.

BOOK YOUR COUPLES RETREAT TODAY WITH WORKING THROUGH

If you are looking to improve communication, build trust, and improve your intimacy, the Working Through couples retreat will provide the relaxing, safe, and confidential space you need. We understand that every couple will have completely unique goals, so before the retreat we will meet for a private initial session where we will discuss your aims.

This will then be followed with a private meeting both during the retreat and after we return from Spain, so that we can see just how far you have both come within your relationship. I am with you every step of the way, and I will always be here to help you learn more about yourself as individuals and as a couple.

To find out more, please contact me or book your space on the next couples retreat today!

PROGRAMME SCHEDULE

Arrival: on Thursday afternoon and introduction of the programme at 6pm, then dinner.

Departure: on Monday morning after breakfast, it can be on Sunday evening if needed.

Time	Fri	Sat	Sun
8 am	Yoga/Bodywork	Yoga/Bodywork	Yoga/Bodywork
9 am	Breakfast	Breakfast	Breakfast
10 am	Workshop Communication in Couples Part 1	Workshop Couples Developmental Stages	Workshop Communication in Couples Part 2
11 am			
12 pm			
13 pm	Lunch	Lunch	Lunch
14 pm	Couple's sessions & Free time	Couple's sessions & Free time	Couple's sessions & Free time
15 pm			
16 pm	Couple's Massage	Practice Time in Group	Practice Time in Group
17 pm	Free time		
18 pm	Dance/Salsa Class	Dance/Salsa Class	Dance/Salsa Class
19 pm	Free time	Free time	Free time
20 pm	Dinner	Dinner	Dinner with the option of a special romantic one
21 pm			



TRAVELLING INFO

Via air:

Gibraltar Airport, or Malaga airport in Spain (please make sure you meet the Covid requirements for travelling)



PRICES AND BOOKING

£2500 per couple

Includes:

- accommodation
- the workshops
- food and drinks (alcoholic beverage not included)

this does not include flights and transport

Email us on:

retreat@workingthrough.co.uk



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