

Day 1

3:00 - 5:00 pm - Welcome

5:30 - 6:30 pm - Dinner

7:00 - 8:00 pm - Intro to Intimacy Couples Retreat

Day 2

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

Day 3

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

Day 4

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

Day 5

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