

More Is Possible

A Weekend for Committed Couples

AT *Sahale*

MARCH 1-3, 2019



More energy. More connection. More communication. More passion.

For many years, the Goodenough Community has offered weekends for couples, highlighting relational skills with a focus on practical friendship between spouses and in long-term, partnered relationships. Leadership has been provided by John and Colette Hoff, marriage and family counselling professionals. They have encouraged couples to learn about themselves as an individual within their relationships, and how to be a more effective partner with support from other couples.

**This weekend will focus on increasing emotional intimacy,
building connection and improving communication.**

You will receive guidelines for enhancing your physical relationship, including addressing chronic issues. We will explore the role of sexuality in relationship and new understandings of orgasm. The workshop leaders will help you and your partner identify areas that require attention and focus for learning using the chakra system as outlined in Margo Anand's book, *The Art of Everyday Ecstasy*.

Designed for committed couples over 40 years of age, each participant will have a confidential personal interview prior to the weekend. Couples will have an optional opportunity for private sessions and demonstrations will be conducted in the whole group. Some nudity will likely be present although optional.



Leadership is offered by Colette Hoff and Rich McGrue.



COLETTE HOFF, M.Ed *Since her husband John's passing, Colette has felt called to continue their work of 38 years with couples and offer this weekend.*

Couples need other couples to relate to. Many couples live with less relationship than they could have and Colette wants to be an agent for change. Improving sexuality in relationship is a very direct method for bringing more energy, passion, connection and communication. Colette has offered leadership to the Goodenough Community's annual Human Relations Laboratory and serves as key faculty for the community's Women's Culture for over 35 years. Having worked as a co-therapist with her husband, she is very skilled in working with the issues of long-term relationships.



RICH MCGRUE *(a friend to the Goodenough Community) is the founder of the New Greenwood House in Seattle, an eight-person, two-year-old intentional community founded on the principles of: Tantra, consciousness & social justice. Rich is a retired Army Officer and Boeing executive; a non-profit executive director; former Pastor of over 20 years and a*

professional mediator, who has counseled hundreds of couples and individuals in various states of marital discord.

His healing skills include alternative spiritual modalities such as Reiki, Tantra, Orgasmic Meditation, Professional Cuddlist, Erotic Healing Massages and Non-Violent Communication techniques. Rich joins Colette to facilitate this vital experience for couples.

What you can expect

This workshop will be held at Sahale Learning Center, a beautiful setting at the tip of the Kitsap Peninsula on the Tahuya River about a mile from the Hood Canal. We encourage you to spend time in the natural world, alone and with your partner. Small groups are an essential part of the weekend, providing a place where you and your partner can practice in relationship, giving and receiving feedback with other couples in your group. We will be sharing bountiful meals and will have opportunities to socialize as a group. The weekend will begin with dinner Friday evening at 6:30 pm with the formal session beginning at 8:00 pm. The weekend will conclude at 3:00 pm on Sunday.

THE COST The cost of the weekend is \$350 per couple which includes room and board and learning materials.

SPONSORSHIP for this weekend is offered by Convocation: A Church and Ministry which is an inter-faith church within the Goodenough Community System.

UPON REGISTRATION you and your partner will receive a questionnaire and a phone interview will be arranged. Please register as soon as possible.

Couples weekend registration | \$350 Per Couple

Name _____

Phone () _____

Age _____ Email _____

Name _____

Phone () _____

Age _____ Email _____

Number of years in relationship _____

PLEASE PAY & REGISTER ONLINE. Visit www.Goodenough.org. This event is the first announcement on our homepage. Click the online registration button.

OR Enclose a check and mail. Check Amount _____

MAIL PAYMENT & FORM TO: Couples Weekend
2901 NE Tahuya River Road
Tahuya, WA 98588

