



CALUMET | FALLS - RETREAT & SPA
3-DAY EXCLUSIVE RELATIONSHIP, COUPLES & MARRIAGE RETREAT

Join us for this unforgettable, exclusive, and luxurious retreat!

Don't overlook this remarkable, life-altering opportunity if you're seeking to enrich your communication and intimacy. Your relationship is your most valuable asset. Invest in its growth for a future filled with brightness and love.

Calumet | Falls - Retreat & Spa, in collaboration with Relationship Bliss by Marie-Claire Thauvette, has exclusively reserved the entire retreat & spa for a maximum capacity of five couples, ensuring an intimate, private, safe, and personalized experience for every participant.

The revitalizing retreat & spa experience promises rejuvenation, leaving you refreshed. Moreover, the newfound skills and motivation gained during the retreat will propel you forward on your renewed journey together, setting the stage for a harmonious future with your partner.

RETREAT INTRODUCTION & APPROCHE

Through years of dedicated research, Relationship Bliss has meticulously curated and developed tools to enhance empathetic and loving communication within couples. These resources are designed to help you acquire invaluable communication skills, foster a profound appreciation for each other, and bond in newfound intimacy during our dynamic sessions.

Marie-Claire will meet with you online prior to the retreat to offer a comprehensive Gottman test for your couple. Following the retreat, both you and your partner will leave feeling revitalized and invigorated. Following the retreat, Marie-Claire will meet with you again to ensure that the lessons are integrated into your new daily lives.

OUR COMMITMENT TO YOU FOR THIS RETREAT:

- Your couple's thriving is our ultimate goal, and your dedication to each other is fundamental;
- With an absence of children, work obligations, or distractions, you'll immerse yourselves in the ideal environment to rekindle your connection;
- Engage in focused communication and intimacy workshops, accompanied by three hours of personalized sessions from the comfort of your own home; Additionally, opt for private couple therapy sessions, if desired, to embark on a journey of learning, growth, and evolution as a couple;
- The intensive nature of this retreat offers the potential to substitute up to six months of private therapy, yielding enduring results that can significantly impact and transform your lives.

YOUR PERSONALIZED SUCCESS PLAN:

- Prior to the retreat, Marie-Claire will engage in two online meetings to acquaint herself with you and your partner;
- We'll be readily available to address your inquiries, discuss specific needs, and align expectations;
- Our journey together commences with the renowned Gottman's Check-Up Test, a pivotal step for both you and your partner;
- With Marie-Claire's insightful analysis of the results, we'll pinpoint your relationship's strengths and areas for potential growth;
- Additionally, we'll collaboratively identify the strengths and challenges within your relationship, culminating in tailored recommendations to solidify your path towards success.

BENEFITS OF THE BLISS RELATIONSHIP RETREAT:

- Provide you with a range of tools to rediscover the passion in your relationship;
- Offer you a safe space to share intimate moments with your loved one;
- Develop the skills to understand each other's needs better and problem-solve;
- Learn how to communicate clearly and calmly, and manage conflict;
- Spice up your intimate life in the bedroom by learning to rediscover each other;
- Discover, strengthen, and restore your love and passion for each other;
- Teach you ways to create your communication and intimacy plan;
- Have fun as you play together and let go in a magical romantic spa environment!

During the retreat, couples will do exercises and discuss each other's strengths, qualities, and admirable traits. You will learn to incorporate these into your routines and rituals. You will also explore each other's love languages, enabling you to adopt and implement new expressions of love. All of the intimate moments will be shared in the safe privacy of your rooms.

You will practice new conflict resolution strategies rooted in the Gottman Method, equipping you with cutting-edge techniques to minimize conflicts. Discover powerful antidotes that address and mitigate the most challenging issues, preventing the erosion of relationships. You will also discover effective techniques to swiftly mend after conflicts, ensuring you spend more quality time together as a couple and avoid prolonged periods apart after disagreements.

Additionally, you will define romance as a couple and brainstorm innovative ways to infuse more of it into your rituals of connection. You will collaborate with fellow couples to ignite thrilling and unforgettable date night concepts, departing with a treasure trove of exhilarating ideas to keep your romance alive and sizzling for the next six months.

These workshops offer up to 11 hours of sessions with Marie-Claire and will be delivered in English, however, participants are free to express themselves in French. Marie-Claire and our staff are fully bilingual.

PROPOSED SCHEDULE:

FRIDAY:

4:00 PM:

- Welcome reception: Charcuterie & champagne welcome celebration;
- Enjoy the waterfalls, baths, sauna & steam room;
- Optional massage and/or private sessions with Marie-Claire (extra fees).

6:30 PM:

- How to bring positive energy into your relationship;
- Fondness & Appreciation;
- Essential oils: an expression of your own aphrodisiac;
- Room-play assignment from Marie-Claire's book: Honeymoon Playbook.

SATURDAY:

9:00 AM:

- Love Languages;
- What is your communication style & how to improve it together;
- Intimacy assignment: Room-play.

4:00 PM:

- Enjoy the waterfalls, baths, sauna & steam room;
- Optional pleasure workshop.

SUNDAY:

9:00 AM:

- Practice your communication soft starts;
- Simmering intimacy practice;
- Taking your intimacy to the next level;
- Date nights! Let's improve them!;
- Design your communication and intimacy plan.

1:00 PM:

- Enjoy the baths, sauna and waterfalls
- Complete any assignments
- Enjoy the waterfalls, baths, sauna & steam room;
- Optional massage and/or private sessions with Marie-Claire (extra fees).



MARIE-CLAIRE THAUVETTE / RELATIONSHIP BLISS - BIOGRAPHY:

Marie-Claire Thauvette, affectionately known as M-C, is an esteemed Relationship, Conscious Loving, Communication, and Sexuality Coach. Dynamic, bubbly, and endlessly fun, Marie-Claire infuses her coaching with contagious positive energy, ensuring couples leave her retreats energized and exhilarated! Her mission is to equip couples with innovative and enjoyable solutions, empowering them to build resilient and vibrant futures together. Marie-Claire has honed a unique coaching method, seamlessly addressing present communication and intimacy challenges while making the process enjoyable.

With over 30 years of teaching experience and more than 13 years of personalized coaching under her belt, M-C is a Level 2 Gottman Therapy trained (communication), board certified by ASSECT and ISEE (Intimacy). Her commitment to enhancing relationships led her to pen the best-selling and award-winning book, "Honeymoon Playbook." A sought-after expert, Marie-Claire frequently graces Canada's top TV shows and co-hosts "The Passion Perspective" podcast. For an immersive experience, M-C hosts transformative workshops and retreats throughout the year, including exclusive events at Calumet | Falls - Retreat & Spa.

Discover more at: www.relationshipbliss.ca

Calumet | Falls - Retreat & Spa - 514-660-2002 - retreat@calumetfalls.com