

## Couples Wellbeing Retreat

9.30am - 10am

Beach Walk: Awareness session, learning about how the subconscious mind works (weather permitting)

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10.00am - 11.15am

Coaching: Understanding the polarities *Masculine & Feminine Energy* in a relationship

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11.15am - 11.45am

Nutritional Break

Body Language: Knowing your partners love language

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11.45am - 1.00pm

NLP: Neuro Linguistic Programming for effective communication - *getting your needs met in your relationship*. Boundaries in relationships, powerful communication tactics and why values matter

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1.00pm - 2.00pm

Lunch (included in cost)

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2.00pm - 4.00pm Activity Session:

NLP continued: understand what drives behavior in relationships

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4.00pm - 4.15pm

Break

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4.00pm-5.30pm

Self-love Meditation **OR** EFT Tapping Practices: The most important relationship is the one you have with yourself. Self-care tips for bringing forward your best self in the relationship

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Delivered by Wellness Specialist Olivia O' Connor - [WWW.WELLNESSBYOLIVIA.COM](http://WWW.WELLNESSBYOLIVIA.COM)

In the event wellness retreats are unavailable, your package cost is transferable to other sections of the Portmarnock resort. All retreats adhere to Covid-19 regulations and will be delivered in a safe environment.