



# Creative CoupleWork



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PRESENTS

## *Keeping the Flame Alive & The Sexual Soul* *The Art of Love and Sex in committed relationships*

**A residential retreat for couples in Mediterranean Spain, 24 - 30 October 2009**

### INTRODUCTION

**K**EEPING loving sexual contact going in a long term relationship is no easy feat. People are often too busy, with work and children creating demands that leave little room for mutual desire, which then all too often turns into a further demand. Sometimes the relationship has suffered wounds; sometimes partners have drifted apart and are too hurt or shy to approach one another again. Sometimes they have become good friends and don't want to re-complicate things, and sometimes - for unknown reasons, from unrecognised emotions or because they no longer feel they represent the desired cultural image - their bodies have a 'mind of their own' and refuse to respond as expected.

### KEEPING THE FLAME ALIVE AND THE SEXUAL SOUL

is a way to move beyond the current limits of intimacy that the couple experiences. The course is open only to couples who have participated in one of our ***Dancing in the Dark*** workshops. It will be led by Helena Løvendal Sørensen and Nick Duffell.

This six-day course provides a review and follow-up of the teachings of ***Dancing in the Dark***, includes the sexuality teachings of our original follow-up workshop, ***Coming Together***, and introduces radical new material to enhance your emotional and erotic lives together, as well as the wonderful resource of gender groups. It is a chance to have time out with your partner and others, who are interested in deepening their capacity for intimate relationships. Free time for enjoying the lovely surroundings adds to the pleasure.



### COURSE FORMAT

The course will be held at the delightful Garden Eden 'Mediterranean Centre for Body and Soul', part of the Eden Roc complex on the Catalonian coast of northern Mediterranean Spain. Living together for a week in this warm, supportive, and exotic location by the sea will be a unique experience of being a couple in an open consciousness-raising community.

Some of you may have fears or shyness about approaching the topics of sex in a group format. Do not worry - this is normal, you will not be alone. Nor will you be exposed, ridiculed, or asked to be naked in the group. However, exercises which involve sexual engagement with your partner, in the privacy of your own room, will be part of the course curriculum.

### TOPICS WHICH THE WEEK WILL ADDRESS

- Identifying blocks to intimacy
- Understanding the connections between emotional behaviour patterns, intimacy and sex
- Bonding Patterns expanded and deepened plus ways to get off them!
- The inner child and its role in love
- Power, control and intimacy - the impossible triangle
- Understanding the conflict between our erotic birthright and our inherited sexual mind-sets
- The relationship between sex, love and trust
- Balancing the inner and outer male and female archetypes
- Invoking Love, Patience and Forgiveness
- Practical hints for deeper lovemaking
- Reawakening the instinctual person inside.
- How to know what you want in sex, how to ask for it, and how to get it!
- Getting older and sexier!

### SOME PREVIOUS PARTICIPANTS' COMMENTS

"I am deeply grateful for the different feeling between D and myself."

"During this week we met each other again - or maybe we should say we met for the first time."

"Thank you for enabling me to believe in our relationship again."

"Despite the expected difficulties of returning to 'everyday life' we have managed to hold on to something very precious."

**"IT IS IN LOVE THAT WE ARE MADE; IN LOVE WE DISAPPEAR." - LEONARD COHEN**

“ONLY WHERE LOVE AND NEED ARE ONE, AND THE WORK IS PLAY FOR MORTAL STAKES,  
IS THE DEED EVER REALLY DONE, FOR HEAVEN AND THE FUTURE’S SAKES.”

ROBERT FROST

## VENUE

The Garden Eden Centre is a remarkable haven situated close to the small resort and harbour of St. Feliu de Quixols, which is 110km north of Barcelona, 35km east of Girona, and 80km south of the French border.



Facilities at the Garden Eden Hotel include all rooms with ensuite bathrooms, balcony and sea-view, cable TV, phone and room service. The hotel has a small private beach with scuba-diving facilities, the usual outdoor bars and gardens, indoor and outdoor pools, hydrotherapy and massage centre. Ayurvedic and acupuncture treatments can be booked, and child-minding facilities at reasonable rates are available. The nearby town has numerous interesting restaurants and shops, a weekend market, and a sandy beach.

## DATES

### **Saturday 24 October, 7pm:**

Welcome meeting then dinner.

**Sunday 25, am:** We start work.

**Friday 30 8.30pm:** Course ends with a Celebration Dinner Dance.

**Saturday 31:** Depart, or stay on extra nights.

This means that the minimum stay is seven nights, depending on your travel arrangements. The course times will be arranged to include some periods left free for relaxation, exploring the area, diving, beach trips, or touring, if you have your own car.

## COST AND BOOKING

Course and administration fees are €600 Euros per person. Accommodation is payable to the venue. Costs vary according to your preferences, but all rooms have ensuite, balcony, TV and sea view. The basic charge is €50 Euros pp (half board in double room) plus VAT @7% (at current rates). Additional meals are at €12 or you may enjoy the numerous facilities of the local town, minutes walk away.

An initial deposit of £100pp with booking will reserve your places; balance to be paid to us by 1/8/09 or in local currency on arrival.

If you are interested in this work and have not yet participated in a ***Dancing in the Dark*** workshop, please contact us.

## CLIMATE

The Costa Brava has an exceptionally good climate. Weather at the end of October is generally warm and the main tourist season is well over - an ideal time for a holiday.

## TRAVEL

How you travel to the Garden Eden Centre is up to you.

The nearest airport is Girona. At the time of writing, RyanAir run cheap flights to Girona (which in their charming way they call Barcelona-Gerona). EasyJet do cheap flights to Barcelona, whence St Feliu de Quixols is accessible by a coach which runs every 2 hours from Barcelona Stacion Norte, and costs peanuts. Shareable taxis are also available from Girona and Barcelona. Alternative airports are Montpellier, Carcassonne, and Perpignan in Southern France, 2 - 3 hours drive. From there, onward travel may be had by train or hire car. Other options include taking your own car, or cheap, but tiring, coaches, or the new high speed rail link.

Anyone who would like to cooperate with other participants in travel or transit arrangements may let us know and we will circulate names. The hotel can send

their minibus to meet a group arriving at Girona or Barcelona - the more passengers, the cheaper the fare.

*The knight thinks hard, sighs deeply,  
And speaks at last this way:*

*“My lady and my love, and wife so dear,  
Anything that pleases you  
Or you prefer, shall suit me too.”*

*“Let me get this right,” she says.  
“I May govern as I please?”*

*“Certainly, wife,” he says,  
“That must be best.”*

*“Then kiss me,” she says,  
“We are forever blest.”*

*And she obeyed him in every thing  
That might give him pleasure or enjoyment  
And thus they live until their lives’ end  
In perfect joy.*

From Chaucer’s “The Wife of Bath’s Tale”,  
translated by Philip Harland, playwright,  
and ***Dancing in the Dark*** participant

