

Welcome!

Congratulations on your decision to participate in Soul2Soul™: A Retreat for Couples!

This is a non-residential retreat, so please plan for travel time to and from each day. Most of your meals are included for the weekend, as well as, healthy snacks, fruit, breads, coffee, teas, and water available at all times. Please have breakfast before you arrive each day (if you prefer a hearty breakfast) and prepare to dine out for lunch on Saturday, or feel free to bring a lunch if you prefer to dine in.

To best facilitate your time with us, we ask that you bring the following items:

1. A large cushion or “Back-Jack” for sitting on the floor.
2. A refillable water bottle/container with lid.
3. “After 5” attire for Saturday evening dinner.
4. A light sweater, jacket or blanket in case of temperature changes.

*Please do not bring or consume alcoholic beverages or “recreational” drugs prior to or during your stay.

Complete and return the following items 10 days prior to your retreat:

- 1) Tuition balance
- 2) Signed Enrollment Agreement (2 signatures)
- 3) Participant Information Packets (2 questionnaires)

WEEKEND RETREAT SCHEDULE:

Saturday, 10/8	9:00am-10:30pm
Sunday, 10/9	9:00am- 6:00pm

FOLLOW-UP SESSION:

Each couple will receive a private, complimentary follow-up session within 30 days of your Soul2Soul™ retreat experience. This can be used in person, video conference or by phone.

Congratulations again...we look forward to sharing the Soul2Soul™ experience with you!

Kate & Jim Cochrun