



Deepening Your Love Couples Course

*Twelve Weeks To Supercharge Your Connection, Communications and
Creative Collaboration*

You have crossed the threshold into marriage. Congratulations! I hope your commitments are doing exactly what they are meant to do, creating a beautiful container of security and support for your adventure of life long loving.

The gift of love is truly one of life's greatest treasures.

Committed love is also one of life's most challenging paths. There are two of you, continuing on your own individual path AND figuring out how to love and support each other as you grow, change and learn how to be a fantastic team together navigating all the big and small moments of life.

** Are you still having fun?*

** Are you finding ways to take care of yourself and each other?*

** Are you continuing to nurture that amazing gift of love that has been given to you?*

** Are you remembering to BE PRESENT with yourself and each other?*

** Are you being as authentic and vulnerable as you need to be to show up for the hard conversations so you can co create healing and new ways of being together?*

** Are you figuring out how to "state shift" from reaction to being with yourself and each other in the inevitable moments of upset or disconnect?*

** Do you have a vision for your current life and future together that provides balance, well being, clarity of values and a vision worthy of who you are and the fulfillment you want?*

A vision is the dream big, blue sky imagining of how wonderful your life can be. It is also a mosaic of your core beliefs, values and goals. With a clear shared vision, you ensure that your top priorities are taken care of in the day to day and you are being inspired forward. Without it, life can become a a default of busy schedules, "getting things done" and allowing your precious spark to fade.

Remember this????

“I choose you.

To stand by your side and sleep in your arms.

To be joy to your heart and food for your soul.

To learn with you and grow with you, even as time and life change us both.

I promise to laugh with you in good times and struggle alongside you in bad times.

*I promise to respect you and cherish you as an individual, a partner, and an equal,
knowing*

that we do not complete, but complement each other.

May we have many adventures and grow old together.”

Consider this.

It took close to a year to plan and prepare for that threshold crossing wedding ceremony and celebration and I am sure a significant budget to make all the beauty, fun and joy happen. Imagine if you invested even a portion of that creativity, time, your personal and financial resources into your marriage.

Please join me for a powerful, impactful, journey of Deepening Your Love. The more you invest in your Love, the more it will offer up its gifts and give you the fulfillment that you wished for and intended on your beautiful wedding day.

The reason I am so passionate about inviting you to take this course is that I have been given the gift of these exact practices, skills and ways of perceiving myself, others and

LIFE by my mentors. They have transformed me and my relationships in ways that are no less than miraculous.

Please be in touch and we will set up a discovery call to explore how the DeepeningYour Love Course can support you both individually and together.

You are welcome to schedule an exploratory session to see if this is a good fit for you. The content is suggested and can be completely custom adapted to meet your needs and level of experience.

I encourage you to consider committing to the full twelve weeks as the momentum and accumulative learning will give you optimal benefits.

The course can be divided into Part 1 and 2 (six weeks each) if that works better for your time and finances. And... as always we can work together on an as needed basis.

I can't wait to take this journey with you. Love Grace

Course Outline and Investment below...

Course Outline

Week 1

- *Setting Intentions, Connection with Self and Each Other*
- *Practicing Presence & Centering*
- *Body Scan*

Week 2 & 3

- *Individual Sessions*
- *State Shifting, finding relief & resolution within*

Week 4 & 5

- *Bearing Witness, Being A Safe Container for partner's practice of resolution*
- *Co Listening, reporting and listening with presence, acceptance and non reaction*

Week 6 & 7

- *Conscious Dialogue Part 1 Responding paraphrasing, validating, empathizing*

Week 8 & 9

- *Conscious Dialogue Part 2 co creating healing, making requests for change*

Week 10 & 11

- *Harmony on the Home Front,*
- *Practices for self care and connection*

- *Clarifying values, priorities, goals, hopes, dreams.*
- *Our Vision, writing our future chapters. How great can it be?*

Week 12

- *Course Review & Commitment Renewal*
- *Who are we now? Our Agreements, Intentions, Success & Support Anchors*

Course Investment

The course is designed to be completed in twelve weeks however it can be adjusted to meet your schedules. Sessions are one hour long with a suggestion of fifteen minutes prep time and a fifteen minute buffer is available for necessary session completion.

Full Course - \$3600.

Payment Plan = \$1200 each four weeks.

Full Pre Payment Plan 10% Discount = \$3240

2023 Ceremony Couples 20% Discount if booked by first anniversary = \$2880



This is the highest possibility of relationship: To weave together a co-created nest of presence, where we both feel safe to share our authentic selves. Where we break codependent bonds, stop trying to control or save or each other, or protect each other from the pain and loss and ecstasy of living, and speak our messy truths, taking fierce ownership of our own pain and joy, our own thoughts and feelings, our own urges and desires, our own values and passions. In a nest like this, true love can surely blossom.

- Jeff Foster

Testimonial

“R and I wanted to deepen our understanding of both ourselves as individuals and our dynamics together as a couple. We also wanted to learn and practice communication strategies that would serve our marriage for years to come, well beyond our wedding day! These sessions, as it turned out, also helped guide us through some of the more challenging parts of wedding planning. Grace was an open heart for us to turn to when we needed space to work through these challenges, and helped us really listen to and be present with one another.

When the day finally came, we felt more than ready than ever to commit to each other. We (of course) had our love, but also the practical tools to work through life’s ups and downs as a team. Grace also ensured we had the experience we wanted on the day of as our officiant, even guiding us through a short meditation prior to the ceremony. We can’t thank her enough for all of the gifts she’s given us, as well as the gifts she’s helped us uncover within ourselves and our relationship.” M&R