

Dr. Sapna's
THE INTIMATE TRUTH
A Couple's Retreat

A personal & professional Relationship journey

While we hop in search of success and happiness from job to job and achievement to another achievement, we inadvertently neglect the foundation of every success and that of happiness- namely HEALTHY RELATIONSHIPS.

While companies invest in the technical and personality training of its people, even a slight disturbance in the personal relationships of its star performers sends ripples around the productivity circuit. In most cases the diagnosis is not far reaching enough to explore the personal life of the employee in connection with his/her professional performances.

And all said, the most important of them all, the relationship with the SELF is always the most neglected yet most basic cause of low motivation

We believe, Personal or professional, Change and transformation is possible for all relationships

- Those just beginning and filled with new love, fun and hope and Trust.
- Those becoming routine, filled with commitment and longing for the way it used to feel
- Those longing for more physical intimacy and passion
- Those who have worked their way through struggle and come to a place of connection and calm and...
- Those at breaking point, filled with pain, despair, conflict and confusion

Lets talk about what matters to us the most.

No need to accept the dullness in a relationship because people say, "It happens with everyone"

- Can 'love' re- enter an old marriage?
- Is it possible to re-ignite physical intimacy?
- Can competitive office relationships also be nourishing?
- Can we ensure that the passion of a new marriage continues ever after?
- Can we make the "magic" last?
- Is it possible to live a relationship of passion even after we have kids and even while living in an extended family?

The answer to all these questions is "YES".

How? That is why we are inviting you with your partner to this COUPLE'S RETREAT.

Find out the answers to your toughest questions while you get an opportunity to express your feelings.

This program aims to empower the young and the not so young, the leaders and the followers alike to examine, explore and refurbish on personal and professional relationships with the discussions exploring the casual to the most intimate yet awkward aspects of relationships.

Methodology:

Experiential learning with Discussions, Analytical Exercises, Role-plays and Personal Planners.