

A PRIVATE COUPLES INTENSIVE WITH ANGELA UPDIKE

Release, Reconnect, *Reignite*

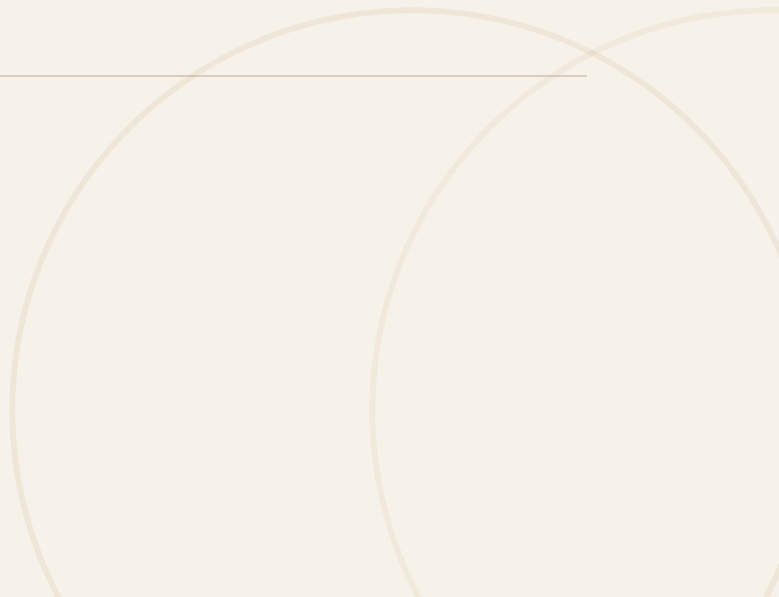
Two people. Three days. The bond you were meant to have.



Per-partner preparation before · **Three days** oceanside

Sixty days of follow-up for both of you after

All meals and massage included · One couple at a time



Some patterns don't live in one person. They live *between* two people.

You can't talk your way out of a loop that two nervous systems are holding together.

You love each other. That was never the question. And still, the same argument keeps finding you. The same silence after it. The same distance that arrives without either of you choosing it, and stays longer each time.

That isn't a failure of the relationship. It's what happens when two histories share one home. Each of you carries beliefs about love, conflict, and safety that were formed long before you met, and under stress, those old patterns run the room.

One

What each of you brought with you

Past experiences, family dynamics, and old wounds shape how you each give love, hear criticism, and handle distance. Until they're released, they keep making decisions for the relationship.

Two

What the two of you built together

Every couple develops its own loop: the trigger, the reaction, the retreat. It runs on autopilot, and effort on the surface rarely resolves it, because the surface isn't where it lives.

Love is not what you say. Love is what you do.

This weekend is built to work at both levels at once: releasing what each of you carries individually, and rewiring the pattern you share, so connection stops being something you fight for and becomes something you live in.



WHAT IT IS

A private oceanside weekend, for the two of you alone.

This isn't a group retreat. There is no audience. One couple, one facilitator, three days.

Release, Reconnect, Reignite is a private three-day intensive for couples at every stage, engaged to decades in. It runs in three phases: **per-partner preparation** in the weeks before, **three days** of guided work at the ocean, and **sixty days** of structured follow-up for both of you after.

The work blends individual sessions with guided couples' work:

- **Belief release and rewiring**, for what each of you carries and what you share
- **Reiki and energy work**, for each partner and for the space between you
- **Breathwork, meditation, and somatic practice**, to ground the work in the body
- **Ceremony**, including a heart-opening cacao ceremony and Ho'oponopono, the Hawaiian practice of forgiveness
- **Values and vision work**, so you leave with shared language and a map, not just a memory
- **Private surprise experiences**, kept unannounced on purpose, to bring joy and lightness that balance the deep work

All meals are provided. A massage is included for each of you. Lodging is arranged to fit you: beachside Airbnb, hotel, or your own choice.

THIS IS FOR YOU IF

- The same argument keeps returning
- You're solid, and you want to go first, before cracks appear
- You're ready to look at your own half of the pattern
- You both want the relationship to win

THIS IS NOT FOR YOU IF

- One of you is attending under protest
- You're seeking treatment for a diagnosed condition
- You can't clear three consecutive days together



Preparation, *for each of you.*

*By the time you arrive, I know how each of you is built and how the two of you fit.
That's why three days is enough.*

PROFILING

How you're each wired

Myers-Briggs, Human Design, Spiral Dynamics, and Love Languages, completed by each partner. Together they show me how you each process, what motivates you, and where the two designs meet, and collide.

QUESTIONNAIRE

The Couples' Questionnaire

Completed individually, before we speak. Your values, your patterns, your history, and your vision for the partnership, answered honestly and privately. This is about clarity, not perfection.

SESSIONS

Individual work first

A Reiki session and an individual belief session for each partner, plus a couples breakthrough session together, so the deepest personal material is met privately before the shared work begins.

THE CALL

A 1:1 call before the retreat

We review what the preparation surfaced, set expectations, and choose the weekend's focus, so Day One starts deep instead of starting over.

AGREEMENTS

Everything in writing first

Session agreement, payment terms, and confidentiality, signed before anything else, so you both know exactly what you're walking into.



Three days, by the *water*.

Each day builds on the one before it. The homework between days is where the work becomes yours.

DAY ONE

Foundations · Evening

Intention setting. Values elicitation: must-haves, negotiables, non-negotiables, spoken aloud to each other. Breathwork for grounding and connection, then a shared dinner. A reflection assignment closes the night.

DAY TWO

Deep Healing & Intimacy · Full day

Morning meditation and yoga. The day's center is forgiveness work and the release of past trauma, the longest and most demanding stretch of the weekend. Then lunch, massage for both of you, a connection-focused activity through the afternoon, and dinner together.

DAY THREE

Release & Renewal · Full day

A guided beach meditation at sunrise. Goal setting for the couple: short-term, one-year, and three-year. Brunch, then a heart-opening cacao ceremony and Ho'oponopono, the practice of letting go. We close with integration: your relationship goals, your accountability plan, and your follow-up schedule, set before you leave.

THROUGHOUT

The surprises

Some experiences are intentionally kept unannounced, designed to bring joy, intimacy, and lightness to balance the depth. Times and activities may be adjusted at the facilitator's discretion.



Sixty days of *integration*, together.

The weekend does the clearing. The next sixty days do the setting.

A breakthrough between two people fades the same way one inside a single person does: not because the work didn't take, but because the old loop knows the way home. So the intensive doesn't end on Sunday. It ends two months later, with the new pattern established.

One

A follow-up schedule that steps down

Weekly calls for eight weeks: one-hour follow-ups in the first four, tapering to half-hour and hourly calls in the last four. Two additional couples sessions in the first two weeks, when the momentum matters most, plus individual belief work for each partner as needed.

Two

Weekly homework, done together

Assignments each week for eight weeks: communication practices, journaling, and the daily habits that turn a weekend's breakthrough into a marriage's baseline.

Three

Your couple's map

A written summary of all four assessments for both partners, with specific recommendations for how the two of you communicate going forward, plus your goals and accountability plan from Day Three.

The reconnection was real. This is what keeps it that way.



What it costs, and what it *asks*.

\$8,500 · per couple

All three phases for both partners. Per-partner preparation, three days of private oceanside work with all meals and massage included, and sixty days of structured follow-up for both of you.

TO RESERVE

\$3,500 deposit holds your dates

BALANCE

Two payments before the weekend

LODGING

Arranged to fit you · beachside Airbnb, hotel, or your own choice

INCLUDED

- Four assessments per partner, with written couple's summary
- Reiki and individual belief session for each partner
- Couples breakthrough session before the weekend
- Three days of private facilitation, one couple at a time
- All meals · massage for each of you
- Cacao ceremony · Ho'oponopono · surprise experiences
- Eight weeks of follow-up calls and homework
- Two additional couples sessions after the weekend

WHAT I ASK OF YOU BOTH

- Three consecutive days genuinely cleared
- The assessments and questionnaire done beforehand, individually
- The homework, every week, for eight weeks
- Honesty, vulnerability, and compassion
- Willingness to look at your own half of the pattern

Results vary from couple to couple. This work supports your growth and is not a substitute for medical, psychological, or mental health care, including couples therapy for clinical concerns. Full terms, NDA, photo waiver, and cancellation policy accompany your agreement.





THE NEXT STEP

When you're both ready, this is *all* it takes.

No application, no funnel. Three days on a calendar and a decision you make together.

1. **Tell me you're in.** Reply, call, or text me, either of you. If you have questions first, ask them the same way. A complimentary Clarity Call works for both of you at once.
2. **We set your dates.** Three consecutive days on the calendar, held for you with your deposit.
3. **Preparation begins.** Agreements, assessments, your questionnaires, and each partner's individual sessions, so Day One starts deep.

The most important investment you'll ever make is each other.

Angela Updike · Integrative Consciousness Coach

10,000 Names · Boca Raton, Florida

angela@tenthousandnames.com · www.asupdike.com

