



## COUPLES RETREAT

A time to re-new, refresh and focus attention on ourselves, each other and the power we hold together as humans.

The Couples Retreat invites you to settle in and focus on what really matters.

*Is this therapy?* No, it is a time to step away from roles and responsibilities and focus on ourselves.

It is a sliver of time to shift focus away from issues and pet peeves, allowing ourselves to let love shine from within... and be love. When we radiate love, it is felt by those around us. When we don't, that's felt too.

Capped at 12 participants, this retreat provides options to explore freshness, touch authenticity, and allow warmth to embrace the soul.

The retreat includes meals w warm hearty soups, comforting grains, flavorful dishes, snacks, comfortable accommodations, walking in nature, gentle yoga, discussion sessions, and a generous amount of time to relax.

Price: \$600/couple

\$400/couple with meals only (commuter rate/ no accommodations)

### Beachfront Location

What is it about the beach, the rhythm of the ocean waves, the gentleness of sparkling bay waters, the sun, and the aromas? What is it that appeals to our senses and sense of well being that calms us and helps us to re-set?

We will be off the grid. Beyond roles, titles and responsibilities, it's a sliver of time at the beach for you to focus on the essentials of mind, body and the powerful connection between them.

**Why do sports icons, medical schools and billionaires embrace mindfulness?**

**Because they've learned it helps train the mind and body to react better to challenging situations, focus more clearly, and improves health and wellness.**

Many agree...life depends on it.

MBSR INSTRUCTORS WITH TEACHING CERTIFICATES FROM  
PENN PROGRAM FOR MINDFULNESS

**For Retreat, it is helpful to bring:**

**Water bottle, yoga mat, cushion for sitting (chairs are available), comfy clothes in layers, blanket, gloves and shoes that can get sandy**

**KOKOMO**

Strathmere, New Jersey

**Our exclusive retreat experience will take place at a beachfront property called Kokomo in Strathmere, New Jersey.**

**Strathmere is a quintessential seaside village nestled between Ocean City and Sea Isle City. The town is rather quiet year round, even when other shore points are bustling. It's often touted the Outer Banks of NJ.**

**Our retreat property is located on the coveted Pointe of the Island offering beautiful bay and ocean views with gorgeous sunrises and sunsets. When weather is chilly, the sights and sounds of the sea can be capture from sweeping decks and cozy indoor spaces. There is a private beach path directly from the yard to the beach for brisk walks or tranquil meditations in the crisp, clean air.**

**Retreat:** All welcome from novice to expert meditators. Mindfulness Instructors are trained in MBSR (Mindfulness-based Stress Reduction) with Teaching Certificates from PENN Program for Mindfulness.

**Instructor:** Suzette Margolis, MBSR

**Meals:** Breakfast, Lunch, Dinner, coffee, tea and snacks

**Accommodations:** Single, Double, Triple and Quad Occupancy Rooms available. Commuters welcome too. Rooms are assigned on a first-come, first-serve basis. Preferences for roommates should be noted on the registration form.

**Cost/person:** Couples Residential Retreat \$600 /Couple

Commuter Retreat (includes meals, no sleeping room) \$400/ Couple

**Deadline:** Payment Due at Registration. Space is limited with Waiting List kept.

**Wait List:** Wait List Registrants will be charged a \$100 deposit which will be refunded in full if a space does not become available.

**Refund Policy:** Full Refunds are available until 10 days before the Retreat Arrival Date. After that date, registration is non-refundable.

**Register:** Please send REGISTRATION FORM to [register@liveBrilliance.org](mailto:register@liveBrilliance.org) and list Spouse/Significant Other as Roommate.

Upon Confirmation, Welcome Packet will be emailed.

Payment can be made by Credit Card On-line or by Check.

The property is a traditional beach home with plenty of space inside and out. There is a private path to the beach from the yard.



## About Suzette Margolis

Suzette Margolis holds a Graduate Teaching Certificate from the PENN Program for Mindfulness under Michael Baime, MD, University of Pennsylvania Perelman Center for Advanced Medicine. She completed Mindfulness-based Stress Reduction (MBSR) Intensive Teacher Training with Jon Kabat Zinn, PhD from the University of Massachusetts Medical Center.

Ms. Margolis has presented educational sessions to groups of 1-2,000 in corporations, associations, schools districts and municipalities. She served as Chairperson of the liveBrilliance Mindfulness Conference at Villanova University and directed the documentary, *Mindfulness*, through the generosity of Radnor Township Studio 21.