

Be Love

Couple's Mindfulness Beach Retreat

2 Nights

When we radiate love, it is felt by those around us. When we don't--that's felt too.

The Be Love Couple's Retreat invites you to settle attention on what really matters.

It is a sliver of time to step away from distractions---a time to re-calibrate.

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

We invite you to allow love to shine from within.

This retreat provides options to explore freshness, touch authenticity, and allow warmth to embrace the soul.

Price (includes retreat program, meals)

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, distractions, and responsibilities, it's a sliver of time at the beach for you to focus on the essentials of mind and body and the powerful energy they exude.

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

Because they 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/towel, shoes that can get sandy and food (if you decide to BYO)

GUESTS should bring their own sheets, towels, pillows

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. It's motto '*Shhh....Strathmere*' says it all.

The retreat property is located on the coveted Pointe of the Island offering beautiful ocean and bay views with gorgeous sunrises and sunsets. When weather is not to your liking, 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 in mindfulness, meditation, yoga. Mindfulness Instructors are trained in MBSR (Mindfulness-based Stress Reduction) with Graduate Teaching Certificates from PENN Program for Mindfulness.

Instructor for this Retreat: Suzette Margolis, MBSR

Time: **Registration:** 2-5 pm on day of arrival

Check out: 12-2 pm on day of departure

Food/Bev: Light breakfast, lunch, dinner, snacks as well as coffee, tea, and cold beverages. Any dietary restrictions should be noted before arrival.

OR You are welcome to bring your own. Refrigeration and microwaves are available.

Deadline: Payment Due at time of booking

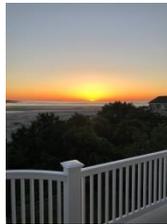
Refund Policy: Full Refunds are available until 10 days before the Retreat Arrival Date. After that date, registration is non-refundable.

Register: Due to COVID-19 restrictions, please call 215.264.2993 or email register@liveBrilliance.org to reserve.

Upon Confirmation of space, Welcome/Registration Packet with payment due will be emailed.

Payment can be made by Credit Card, Check or Venmo.

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



Instructor for this Retreat: 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 and holds a bachelor's degree from Ursinus College and master's from Temple University.

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.

Why is a Retreat Helpful?

As humans, our “new normal” is operating with a nervous system set point that hovers between low and mid-range stress and anxiety. Our bodies remain in contracted stress responses which creates an accrued backlog. We are aware of stress but “shake it off”, “plow through”, and “move past it”. Sometimes our bodies don’t get the message. We experience somatic knots in our backs or abdominal areas, unexplained pressures in our heads, torso, limbs, hands, and feet along with cascading thoughts, mental pop-up reminders/pings and distractions. Our biological systems get stuck in an oscillating cycle of various forms of stress ebbing and flowing amidst an underling state of exhaustion. Our “new normal” effects our relationships with others.

A couple’s retreat can do wonders to re-calibrate. It presents us with the gift of time for a captive period where we can soften, ground ourselves, and shed heavy layers of exhaustion and anxiety. The session is a wonderful opportunity to share some gentle unravelling together.

What will we do?

Welcome/Register

Dinner

Guided Meditation After

Gentle Yoga

Sunrise Salutation (optional)

Breakfast

Mindful Communications Session

Guided Walking Meditation

Lunch

Guided Meditation

Mindful Walking Exercise

Mindful Expressions and Tensions Session

Snack Break

Guided Meditation

Closing

Dinner and Evening Relaxation On Your Own

Sunrise Salutation (optional)

Continental Breakfast

Guided Walking Meditation

Mindfulness in our Real-World Session

Guided Meditation

Lunch

Departure

Is this marriage counseling?

This is not marriage counseling. It is an opportunity to deepen relationships through exploration of self, one another, and the union/energy between the two. The meditation practices you will learn are yours to keep for a lifetime.

Do we need to be married to attend?

No, as a matter of fact, many couples embark on the experience as friends, partners, or former partners. The day is based on gentle kindness for one's self and others. Divorced couples who must remain in a positive relationship due to children etc. find it quite rewarding.

Is this a small, intimate retreat?

Yes, our couple's retreat is for 1-4 couples only.

Bathrooms

Each couple will be assigned a private bathroom (hall or en-suite).

Can we cancel?

Full refund is available if session is cancelled 10 days prior to session (less a \$25 booking fee). Any session cancelled from 1-10 days in advance, receives credit towards a future session.

Cancellations/no-shows on the start day of the retreat are non-refundable.

Inclement weather

Typically, we attempt to hold most sessions outdoors. If participants prefer for some or all sessions to be held inside, we will try to accommodate. The property is large enough to accommodate appropriate social distancing. In cases of inclement weather, sessions will be moved inside unless all parties agree to engage outside.

Sun tents are available for use in direct sun or light rain sprinkles.

Food/Snacks

We will provide meals and snacks throughout the day (including: coffee, tea, water, cold beverages throughout the day). Any dietary restrictions should be disclosed prior to session. Alternately, you are welcome to bring your own food and beverages. Please let us know if you decide to byo.