

*"An experience that will change you, your marriage and your life!"*

***Are you looking to have more fun, intimacy, sex, and communication?***

We use a unique action-oriented approach with horses. Adding a horse may be the missing piece you've been looking for. Horses allow you to unite unconditionally with another living being. You can take off your mask without fear of rejection, and begin to experience your true self and heal. We provide an environment that is safe and protected, creating an opportunity for "in the moment" self-discovery! There is no riding and no horse experience necessary. All activities are on the ground. This retreat offers private accommodations, excellent Sandhills food, and cutting edge professional insight to get your marriage headed in the direction you want it to go!

***Do you want positive change and less conflict in your marriage?***

## **"Team Building for Two" Couples Retreat**

During this retreat, we will give you the opportunity to:

- Recreate romance and intimacy in your relationship
- Understand yourself and your partner in a new way
- Learn to heal old hurts that are affecting your marriage
- Move beyond the impasse of waiting for the other person to change first
- Identify communication roadblocks
- Develop healthy communication styles
- Unlock the power struggle; learn how to set limits and boundaries
- Reduce conflict; share responsibility
- Begin having "constructive" conflicts that actually resolve issues
- Increase compassion and assertiveness skills
- Identifying the behaviors you use to contaminate the relationship
- Get a realistic view of yourself

***Are you looking for a unique present for that special couple in your life?***



## **Sandhills Horse Sense**

Midwest Country Clinic, LLC

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To be placed on our waiting list or get more information:

E-mail: [melissa@midwestcountryclinic.com](mailto:melissa@midwestcountryclinic.com)

For more information about the program and the presenters visit [www.midwestcountryclinic.com](http://www.midwestcountryclinic.com)

