

Couples Retreat

When & Where

February 4 & 5, 2006

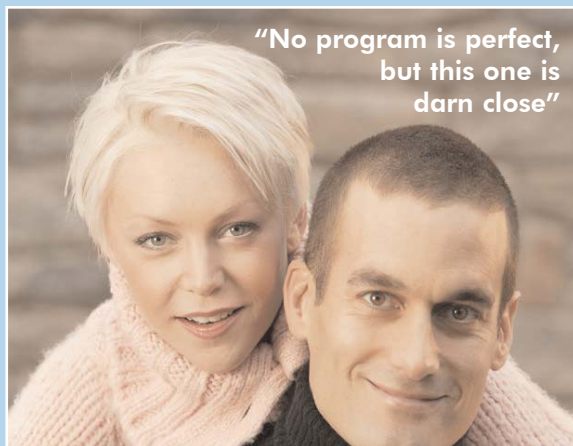
The St. Julien Hotel & Spa, Boulder, Colorado

Join us for a fun and informative, romantic getaway where you will learn easy to use skills, and also be able to focus on your relationship away from the distractions of home. A weekend designed especially for premarital and marital couples to enhance, repair or even save your relationship. The skills needed to have a successful relationship do not come naturally, but we can teach you these skills and how to use them to create the relationship of your dreams.

The couples retreat combines the best of PREP® with luxurious, romantic getaways. An opportunity for you to escape the pressures of life and immerse yourself in a weekend devoted to learning, connecting, communicating, loving and playing.

You will learn:

- to talk to each other more gently and effectively
- how to talk about difficult issues
- how to listen and be heard
- why fights start about small things
- how men and women differ
- to show respect for one another and resolve conflict in a safe way
- to show your commitment
- to insure passion and sensuality



"No program is perfect,
but this one is
darn close"

Who Will Lead Your Weekend:

The couples retreat is presented by Dr. Howard Markman co-founder of PREP® and Love Your Relationship™ Inc. Dr. Markman is a pioneer and leader in the field, author of *Fighting For Your Marriage* and other books. He will use the "The Markman Method to Loving Your Relationship" to teach and guide couples through the best of PREP® and the activities of the weekend.

We'll provide everything you need to make your weekend superb, all you need to bring is your desire...desire to learn, grow, connect, and your desire for a loving relationship.

To join us or find out more information, send us an email at info@loveyourrelationship.com or call 303-482-RLUV or toll free at 866-601-LOVE. www.loveyourrelationship.com

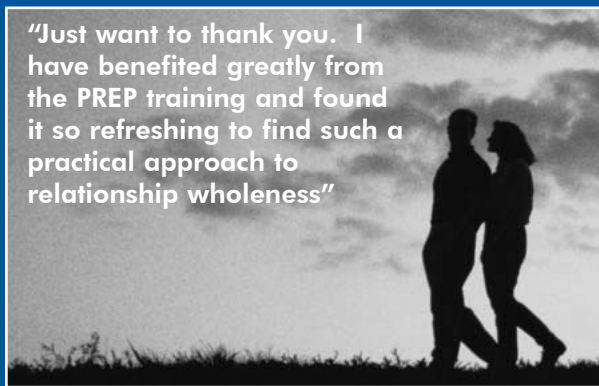
Love Your Relationship



"My mother gave us a PREP workshop as an engagement gift nine years ago. This is one gift we're still using. Thanks, MOM"



"Just want to thank you. I have benefited greatly from the PREP training and found it so refreshing to find such a practical approach to relationship wholeness"



What is Love Your Relationship, Inc.?

An organization committed to helping successful people have a loving, healthy, and lasting relationship by offering a variety of research based services with an emphasis on offering programs in fun, luxurious and romantic settings. Our goal is to teach you to be the best possible person, partner, friend, colleague and parent by using the Markman Method to Loving Your Relationship™ and the internationally recognized PREP® approach.

You deserve to **LOVE YOUR RELATIONSHIP.....**
We can help!

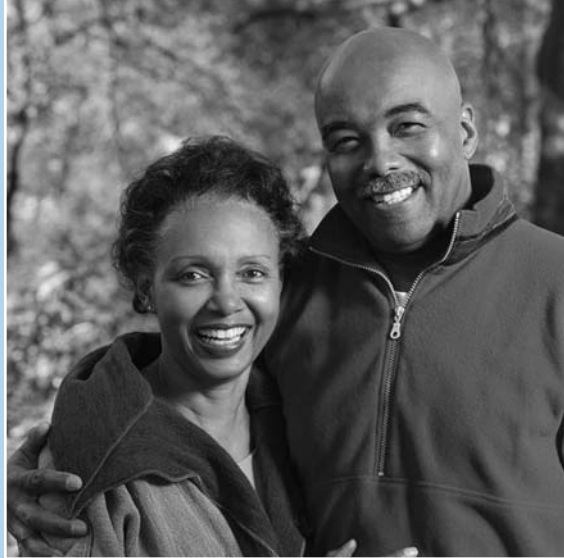
Is your relationship the best it can be? Do you have the skills to stay together and be happy?

Having a healthy, happy relationship can be easy for all couples, from those married for decades to those just starting to date. You can learn and use the tools and principles that research has shown lead to relationship success.

Be the best couple you can be - - now and forever - - love your relationship.

Many successful people are not investing in what matters most - - their marriage. Although successful couples have substantial resources and opportunities, they often do not take advantage of these to protect and preserve their friendship and other vital positive connections. One of our goals is to reach out to people who have worked hard to succeed in their career and teach them how to have the same success in their marriage. For example, we will focus on how having a high powered career can lead to issues such as career jealousy and time constraints, and then help couples learn how to balance work and play. Partners will learn strategies for protecting and prioritizing the excitement, friendship, and

"In 25 years of marriage, this is the only program that my husband has found to be useful and has given us hope...."



Using research proven PREP® we will focus on two overarching strategies geared to 1) lowering risk factors (e.g., negative communication) and increasing protective factors (e.g., friendship, fun, commitment) to help couples succeed. For over 25 years, Drs. Markman, Stanley and associates have been studying relationships, what works and what destroys them and their discoveries have included three simple truths about relationships:

1. All couples have conflict. It's not the differences between partners that matter, it's how the differences are handled.
2. One zinger hurled in anger, can erase 5, 10, even 20 positive acts of kindness.
3. Men want to fight less and woman want to talk more - - but both suffer similar wounds when love dies. We bridge the gender gap by teaching couples how to talk and connect more as friends and lovers, without fighting.

LOVE



romance in the midst of a high stress and very busy life - when everything seems important.

Lacking basic communication skills and knowledge to handle the inevitable conflicts in marriage and failing to protect and preserve the love and romance present at the start, it's not surprising that the probability of divorce is close to 50% (and even higher in some states including Colorado). The good news is that studies have shown that PREP® trained couples have better

communication and conflict management skills and have lower rates of relationship breakup and divorce. We can teach you skills to divorce proof your marriage while you treat each other to a magnificent weekend getaway.