

Couples Mindfulness Meditation Mini Retreat

Refuel and Rejuvenate your Relationship



“To love and be loved is to feel the sun from both sides.” (David Viscott)

Enriching your relationship with your partner is not always easy and in these hectic and sometimes overwhelming times it is not always at the top of one’s “to do” list. Wouldn’t it be nice to take a few hours and “just be” with your partner. In addition to this, why not increase your skills to enjoy the present within yourself and between yourself and your partner?

This mini retreat will consist of guided meditations, practices to increase connection, relationship tools, self and couple enhanced awareness, as well as emotional grounding.

When: Saturday May 3rd, 2025 - 9AM to 1230PM

Where: Baltimore, Maryland (contact facilitator for location)

Facilitator: **Ellen Lewis, PhD**, (she/her) Certified Meditation Teacher through The Mindfulness Center in Maryland and Licensed Psychologist in Independent Practice

Fee: \$150/couple. Email EllenLewisPhD@comcast.net to express interest, and, preregister to attend this retreat.

LGBTQ+ and BIPOC affirming.