

Retreat: Exploration & Experimentation

A weekend retreat around sexual intimacy, desire and fantasy as a couple*.



Whether you are a couple that is looking to explore sexual intimacy further, or perhaps the spark needs reigniting, this is the retreat for you.

As a Psychosexual and Relationship Therapist, having worked within the NHS and now in private practise, I work with couples and individuals around sexual intimacy & dysfunction.

Sex and relationships impact us all, and ensuring we take the time and space to concentrate on this area of our life in a connective environment is something we should all prioritise, if we can.

My intent is to change the way you feel about yourself, your partner and your relationship for the better.

I am passionate about my work and would anticipate that you to leave the retreat feeling restored, connected and excited to use the learnings from the weekend within your relationship.

What to Expect

The weekend will be a chance for couples to talk with a specialist Psychosexual Therapist about what is going on in their relationship sexually.

We will be talking about expectations of each partner, what sex means to you (individually, and as a couple), where you are in your sex life and what you would like moving forward.

Depending on the clients in attendance (and consent) group therapy may also be included.

****Please note, this is a Psychosexual and Relationship retreat, this is not recreational/couples play.***

...continued overleaf



THE Y XOLOGIST

Workshops included will be around:

- The importance of sensual touch and sensate focus
- Intimacy & connection
- Pleasure & the anatomy
- Communicating needs and the impact of conflict
- The importance of foreplay (in and out of the bedroom)
- Brakes and accelerators: desire and fantasy, expressing without judgement
- Can we meet the needs of another?
- Connective energy body work - tools, techniques, exploration and experimentation

What's Included?

- 2 nights luxury accommodation at The Wilderness Reserve, set in the Suffolk countryside, in a private room with ensuite.
(Joining another six like-minded couples/individuals on the retreat)
- Two x 1 hour couples therapy sessions off the premises (5-minute walk) with your Psychosexual & Relationship Therapist. Plus, one therapy session at a later date, post the retreat.
- 1 x 1 hour group therapy/discussion sessions *(opt in or out)*
- Connective sound bath
- £150 credit per couple to use toward yoga, paddleboard yoga, guided nature walk, wild swim, afternoon tea, wine tasting or couples massage
- All breakfasts, lunches and dinners plus wine provided and includes a 'Fire Feast' event with a private chef on the Saturday evening
- Use of spa facilities - steam, sauna, swim, and hot tub
- The Why Xologist complimentary journal with tools, techniques, and couple's workbook to take home

Dates and Price

Sat 26th and Sun 27th April 2025 **or** Sat 6th and Sun 7th September 2025
(2 nights)

£2,500 per couple

(£1,250 per person for two nights with everything included and specialist focus)

For all enquiries and bookings please contact info@theyxologist.co.uk