



# The *HeART* of Relationships

with Ann Ladd, PhD

A five series couples class from the hallmark Love Cycles program for married and committed couples in any stage of relationship.

- The exciting research that offers a road map for Love's Five Journeys
- 5 practical skills for communication increasing and deepening connection
- Ways to reduce defensiveness and increase your ability to listen
- The ability to feel genuine empathy for your partner...instead of secret resentment
- The secret of expressing upsetting feelings without hurting your partner and your relationship
- New ways to enhance intimacy and express caring

#### COUPLE'S CLASS SPRING SCHEDULE 2019

April 12-13	Strengthening and Deepening the Connection: Practical Skills & Tools
April 26-27	What I Bring to the Relationship: Earlier Experiences and Personality
May 24-25	Dealing with Differences and Difficulty: Negotiation Skills
June 7-8	Re-Creating Passion & Pleasure: Sensuality and Sexuality
June 28-29	Visioning Anew: Creating a Conscious Wholehearted Relationship

Fridays, 7-9:30pm      Saturdays, 9:30am-5pm

**Cost - \$1,250/couple (\$100 deducted if paid by January 26, 2019)**  
Includes 2 workbooks and a copy of *Love Cycles* by Linda Carroll  
Total hours - 47; \$27/hour/couple  
*Payment plans available.*



**Call Ann Ladd to register – 719/251-4006**  
**The Connecting Place**  
**421 North Main Street, Ste202, Pueblo**

*Give your relationship a true gift!*