



Couples Vitality Training

With David & Tracy Wikander

Fostering Vibrant Relationships

This dynamic and innovative Couples Vitality Training is open to couples. Come get your Post-Valentine's Day Tune-up! Is the overall dynamic of your relationship creating closeness or distance? Are there conversations you are avoiding or do the same issues surface over and over again? Do you sometimes wonder where the romance went? Whether you have been together for years or are just beginning in relationship, your relationship will deeply and profoundly benefit from this training. Join us!

February 26-28, 2016, Subud Center, Santa Cruz

In this interactive and experiential training we will explore:

- Ways of communication that will create closeness instead of distance
- How to create and maintain a deeper connection
- Practical tools to help you navigate challenges and difficult or sensitive conversations
- How to step out of the conflict wheel and places of feeling "stuck"
- How to foster and maintain vibrancy, fun and spark in relationship...and much more!

I want to thank you again for the training this weekend. My husband and I both gained so much insight into our relationship. We learned more effective ways to communicate with one another. We walked away feeling more connected than we have in possibly our entire relationship. We both see that these new skills and tools we learned will help in all of our relationships in life, including with our children and in our professional lives. This training gave us a lot of hope and I can't thank you enough for that. The work you do makes such a positive impact on people and their relationships. We are incredibly grateful we attended your training. Thank you!

A-Santa Cruz



Tracy and David Wikander offer relationship trainings internationally for couples and individuals to foster vibrant and intentional relationships. Tracy is a respected and popular Licensed Marriage and Family Therapist with a private practice in Santa Cruz, CA. David is an international relationship coach, senior trainer, and certification supervisor for CRR Global. David and Tracy each specialize in working with individuals and couples who seek to be more skillful in relationships. Discover more about David and Tracy, their trainings, articles, and newsletters at www.CouplesVitality.com

Friday, Feb 26, 6:30pm – 8:30 pm

Saturday, Feb 27, 9am-5:30pm

Sunday, Feb 28, 9am-5pm

\$480 per couple, lunch included

Early Bird Registration: \$430 per couple. Register by Jan 31st

Email: info@CouplesVitality.com or call 831-465-1010 for registration