

IMAGO GETTING THE LOVE YOU WANT RELATIONSHIP WEEKEND – CHRISTINE CENTER

Margaret and Jason are pleased to welcome you to the IMAGO Getting the Love You Want relationship retreat at the Christine Center. During the weekend we will use IMAGO theory to take you and your beloved relationship on a transformative journey. We will support you in creating a long-lasting and satisfying relationship using practical tools/strategies. This deep dive weekend retreat will introduce you and your partner to IMAGO Relationship Tools and help turn frustrations into growth and renew/refresh passion and pleasure in your relationship.

For the weekend we have a couple of requests.

- 1. Please bring a baby picture of each of you. It can be a copy but printed would be preferred. If not printed digital is OK. IMPORTANT FOR CLOSING CEREMONY**
2. Please bring your favorite joke to share with the group (optional)
3. Each of you should take the love language quiz prior to the weekend. It will take ten minutes. This can be found at <https://5lovelanguages.com>
4. Everyone has different temperature preferences. Recommend dressing in comfortable clothes and layers.
5. The program room is shoeless so bring cozy socks or slippers. It also requires a lid for liquids so bring a water bottle and a covered mug/container for tea/coffee.
6. The weekend builds on itself and it is important to plan on being present for the entire weekend and adds to the safety and cohesion of the group.
7. Bring a curious MIND and an open HEART!

Below is the itinerary for the weekend. There may be some adjustments as we proceed but this is generally the itinerary for the weekend.

We look forward to this incredible experience with you.

Sincerely,

Margaret and Jason

FRIDAY 2PM check in

3PM-5PM IMAGO Program begins

5PM SILENT MEDITATION IN THE CHAPEL (Optional)

FRIDAY 5:30 PM - 6:30 PM SUPPER

FRIDAY 6:30 -7:30 PM IMAGO Program

Welcome

Logistics

Introduction of Margaret and Jason

Participant Introductions

IMAGO Tree

Purpose of the Workshop

Enhancing the Positives

Neuroscience of Communication, Brain Talk

High Energy Fun - Lover/kitten/air guitar

Zero Negativity Pledge

Joyful Aliveness

Developmental Baggage

Unmet Needs

Lost Parts

Protections

What is Imago?

Stages in a Love Relationship

PICK, PROJECT, PROVOKE, BECOME

The Foundational Tools

Gratitude Dialogue

Parental Profile

Guided Imagery

7:30PM...personal sauna time; bonfire; complete individually assigned Imago exercise

SATURDAY 8:00 AM – 9:00 AM BREAKFAST

SATURDAY 9:00 AM – 12:30 PM IMAGO Program

Centering

Guided imagery

Childhood Synthesis

Parent/Child Dialogue

Summary of Your Childhood Experiences

High Energy Fun - Seesaw

Psychological Journey

Octopus/Turtle- Relational Dance

Maximizer/Minimizer game

Caring Behavior

SATURDAY 12:30 PM - 2:30 PM LUNCH and FREETIME

SATURDAY 2:30 PM – 5:30 PM IMAGO Program

Reaction Dialogue

Exits

Creating Your Dream Relationship vision

Sweet Moments Dialogue

Sensate focus and holding. Lights down.

Guided Imagery

SATURDAY 5:30 PM - 6:30 PM SUPPER

SATURDAY 7:30 PM - 8:15PM Optional Dance/movement celebration or bonfire/personal sauna

SUNDAY 8:00 AM - 9:00 AM BREAKFAST

SUNDAY 9:00 AM - 12:30 PM IMAGO Program

Check in

Centering

The Gold in the Power Struggle

Changing Complaints to Requests

High Energy Fun- Alternate Routes Song

How I Contribute to the Ruptures Dialogue

Fun

Flooding Exercise

Wrap Up...closing ceremony, final guided imagery

SUNDAY 12:30 PM LUNCH, GOODBYES AND DEPARTURE