

OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 3205-456, "Sharing the Path: A Retreat for Couples" with Robert Gass and Judith Ansara on July 26 – 31, 2009.

Please note that there is a special schedule for this course:

Sunday	8:00 P.M. – 10:00 P.M.	Workshop
Monday	9:00 A.M. - 12:30 P.M. 2:15 P.M. - 5:00 P.M. 7:30 P.M. - 10:00 P.M.	Workshop Workshop Workshop
Tuesday	9:00 A.M. - 12:30 P.M. 2:30 P.M. - 5:00 P.M. 7:30 P.M. - 10:00 P.M.	Workshop Workshop Workshop
Wednesday	9:00 A.M. - 1:00 P.M.	Workshop
Thursday	9:00 A.M. - 12:30 P.M. 2:30 P.M. - 5:00 P.M. 7:45 P.M. – 9:30 P.M.	Workshop Workshop Workshop
Friday	9:00 A.M. - 12:30 P.M.	Workshop/Class Ends

The Children's Program will be available during the extended hours of this workshop. The above schedule is subject to change at the discretion of the faculty.

The faculty has asked us to share with you the attached letter(s), describing pre-workshop exercises and goals. Please read the information carefully, as some of it requires you to respond prior to the start of the workshop.

Sincerely,

The Omega Staff

Awakening the Best in the Human Spirit

Dear Sharing the Path participant,

Thank you for registering for Sharing the Path with Judith Ansara and Robert Gass.

We are committed to doing whatever we can to help ensure that your couples retreat meets your needs. In order to do this, we ask all participants to send us the following items prior to the workshop:

1. An individual questionnaire (that each of you fill out separately)
2. A joint goals form (to be done together; please read the instructions carefully). E-mail or mail one copy to us; and bring two additional copies with you to the retreat
3. A recent photo of the two of you (strongly preferred). Please send electronically to: mail@SacredUnion.com or postal mail to Deep River, 895 Rainlily Lane, Boulder, CO 80304

Important:

If you register within 24 hours of the workshop, please bring all three items with you and give them to us at the beginning of the workshop.

If you are unable to email the goals form, please bring 5 copies with you. (rather than the 2 copies that everyone brings).

The questionnaires and joint goals are designed both to help you begin thinking about how to take full advantage of this precious time together, and to help us know how to best support you.

All of the information provided will be strictly confidential and will only be shared with our staff of therapist/facilitators who assist us at the seminars.

One last request and a suggestion:

1. Please, if you can, bring a bottle of massage oil with you to the retreat. You will be glad you did!
2. If at all possible, we highly recommend scheduling at least one day (or more if you can) after the retreat to be alone together and enjoy the fruits of the workshop.

If you have any questions, please contact our assistant: Kim Monteleone
kmountainlion@yahoo.com

We look forward to meeting you in person and to supporting you in creating a more joyful, skillful, and loving relationship.

With deep respect,

Warmly,

Judith Ansara & Robert Gass

Sharing the Path
With Judith Ansara and Robert Gass

PRE-WORKSHOP EXERCISE

Your Name Here: _____

Dear Sharing the Path participants,

We very much look forward to our upcoming retreat with you at Omega.

We would like the two of you to do a brief exercise together to prepare you to get the most out of the program.

Please discuss and agree with your partner, on 2-3 goals that the two of you share for the retreat.

Criteria for your goals:

1. brief: no more than 15 words each
2. clear: you share an understanding of what this goal means
3. priority: you both agree these are most important for your time together

Here are just a few examples of the kinds of goals participants have had:

Through our time at this retreat, we will:

- * Improve our ability to communicate about important matters with each other.
- * Improve our enjoyment of physical intimacy and lovemaking.
- * Reach agreement about how to handle the difficult situation with _____
- * Get clear on whether or not we're ready to: move in together, get married/ have a baby/ move to New Zealand/ have your mother come to live with us, etc.
- * Make a decision whether or not we want to stay together.
- * Share ideas about we might want to do after our upcoming retirement
- * Discover new ways of having fun together
- * Forgive each other for past hurts
- * Feel reconnected and more in love with each other.

Please fill in your goals on the form below.

Please type your responses and e-mail to: mail@sacredunion.com
Important: bring two additional copies of your goals to the retreat .

If you register within 24 hours of the workshop, please PRINT and bring 5 copies with you to workshop.

Names: (please type or print clearly)

Through our time together at this retreat, we will:

Goal #1:

Goal #2:

Goal #3:

If you have questions about this pre-work, please contact judith.ansara@gmail.com

Sharing the Path
Participant Questionnaire
Omega: July 26 - 31, 2009

Note: each participant is to fill this questionnaire out individually and send to us via email at mail@sacredunion.com. Please do not consult your partner in answering the questions. Your information will be seen only by Judith Ansara and Robert Gass and their staff of counselors at the workshop. Your honest responses will help us to be of service to you. Nothing you say will be shared with your partner.

Your name _____ Age _____

Your Partner's name _____

1. How long have you been together in a committed relationship?
2. Do you have children still living at home? Ages?
3. Are there health or other life circumstances placing particular stress on you/your relationship at this time? Please explain.
4. Have you worked with Robert or Judith before in some other context? If so, where and when?
5. Briefly describe your experiences, if any, with individual therapy, couples counseling, workshops, retreats and/or spiritual practice.
6. Please write the number 1-5 which best describes your relationship, according to the following scale:
 1. Quite dissatisfied. Evaluating whether or not to stay together.
 2. Moderately dissatisfied, but my commitment to the relationship is not being questioned.
 3. Some dissatisfaction, other things feel good. I really would like more, but overall we're doing O.K.

4. Generally feel in a good place with each other. Some chronic issues, but in an overall positive context of relationship.
5. We are in an excellent, loving place with each other. We deal well with issues as they arise.

your # _____

Please comment on why you chose this #:

7. Please write the number 1-5 which best describes your communication skills in your relationship, according to the following scale:

1. We don't communicate.
2. We need help with basic communication skills.
3. In some areas we communicate fine, but are prone to breakdowns when dealing with certain subjects.
4. Overall, we communicate well. Can use help in dealing with certain topics.
5. We communicate well. Our ability to communicate is not an issue for us.

your # _____

Please comment on why you chose this #:

8. What do you feel you are most needing in your marriage? What would you really love to see shift? What needs tending to? What are core issues?

9. What called you to this retreat? Please identify any needs/desires/particular issues you want to address.

10. Do you feel that your staying together as a couple is in question at this time?

No _____ Yes _____

If "yes," please elaborate.

11. Anything else you would like us to know about you individually or as a couple that might help is to better serve your needs.