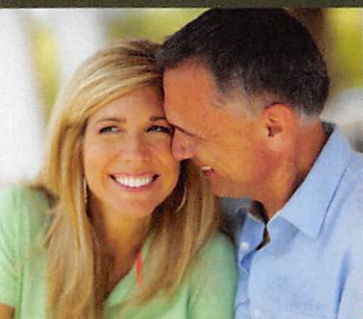


# Pathways to Wellness

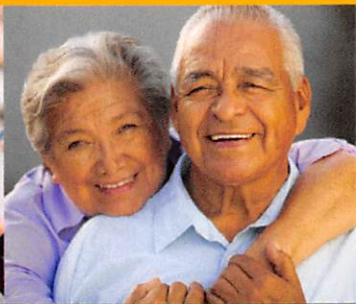


A WEEKEND WORKSHOP FOR COUPLES

## THE ART AND SCIENCE OF LOVE



DESIGNED BY DRs. JOHN & JULIE GOTTMAN



## TWO-DAY WORKSHOP RETREAT



Presented by  
Nancy D. Young, Ph.D.

*Certified Gottman Therapist  
and Master Trainer*

# Art and Science of Love:

## A Weekend Retreat for Couples

*Designed by Drs. John & Julie Gottman*



This comprehensive, science-based couple and marriage workshop & retreat is appropriate for couples of every age, ability, and sexual orientation: premarital, engaged, married, cohabiting, gay, straight, happy or struggling couples. All of the ideas presented to you will be

grounded in sound and extensive scientific research brought to you from the Gottman Relationship Institute. You will learn what actually works in relationships that are happy and stable.

2 days of engaging information and experiential activities designed to confirm, strengthen, or restore your love. **No public discussion or disclosure is involved.** All work is done as a couple and Dr. Young will be available to help those who need it.

- Shown to achieve results similar to those of 6 months of marital therapy
- Produces positive results for 86% of those who attend



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