



THE DANCING COUPLE

OVERVIEW

TOPICS

- 5 Love Languages
- Four Horsemen of Negative Communication
- Intimacy
- Where There Is Love There Is Always Time

TOOLS

- Gottman Card Deck
- Communication Strategies
- Use the basics of 4 dance styles to embody connection

SCHEDULE

Meet every two weeks for one hour with communication practice between sessions. Dates and location provided on payment page.

Whether you're preparing for marriage or nurturing a long-term relationship, our DANCING COUPLES series offers a fresh, joyful way to connect. Each 1 hour session blends proven communication strategies with the rhythm, energy, and playfulness of partner dance.

You and your partner will:

- Discover new ways to truly hear and be heard through interactive activities rooted in empathy and understanding.
- Learn the basics of Salsa, Bachata, Merengue, and Kizomba - no dance experience required!
- Strengthen your connection with fun, easy-to-use apps designed to keep the spark alive long after the workshop ends.

By combining the art of movement with the art of conversation, you'll deepen your bond, improve teamwork, and create joyful memories together. Come ready to laugh, move, and connect - one step at a time.

4 SESSIONS
\$275

COHORT 1
FRIDAYS
6:00-7:30
JAN

COHORT 2
FRIDAYS
6:00-7:30
MAY

CHOOSE COHORT
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