

THE CONNECTION COACHES PRESENT

# Couples' Connection Ceremony

*Saturday, February 10*



**4:00PM – 7:00PM**

**\$120 per couple**

(advance registration required)

*Relax, Restore, Rejoice & Reconnect with the Perfect Valentine's Date Night At UpDog Yoga, Rochester!*

Join us for a soul-stirring experience and take the leap into a realm of heightened senses, deep connection, and transformative love with your partner. This experience celebrates the art of connection, fostering true intimacy and creating a space for couples to deepen their bond beyond imagination. Bring your partner, dress comfortably, and we'll take care of the rest. Each couple will also receive a special free gift bag to take home.

*What to expect at our Couples Connection Ceremony?*

## **Embrace Deep Connection**

Our ceremony is designed to nurture the sacred connection between you and your partner. Guided every step of the way through mindful touch, eye-gazing, and heart-opening exercises, you'll experience a profound understanding of each other's desires, dreams, and fears.

## **Embark on a Journey of Love**

Experience the power of tantric breathing techniques as you synchronize your energies, creating a harmonious union. Discover new depths of love as you express your desires and intentions, strengthening the foundation of your relationship.

## **Harmonizing Hearts through Tantra**

In the embrace of soft, healing frequencies, allow our sound bath to guide you and your partner. Tantra celebrates the divine union between two souls, and through the power of sound, you'll experience the symphony of your love like never before.

## **Embrace True Intimacy**

Shed layers of inhibition and embrace true intimacy. In a safe and nurturing environment, you'll learn to communicate your needs and desires openly. As you explore our connection practices, you'll cultivate a profound sense of trust, paving the way for deeper emotional and physical intimacy.

**Space is limited. Pre-register:**

<https://www.updogyoga.com/workshops/rochester-workshops>



*Connection Coaches, Hunter and Alberto, have a combined 15 years of trauma-informed energy work, ceremonial facilitation, men & women's empowerment, and relationship coaching. We teach healthy communication and connection practices and somatic exercises to help couples be intentionally intimate in ways that are sustainable.*



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