



## Reignite Your Spark: Couples Retreat ~ September 18-20, 2026

### Welcome!

We are thrilled to invite you to our annual Couples Retreat at Paradise Hills—a weekend designed specifically for couples married over five years who want to rediscover their passion, intimacy, and playfulness. This is your opportunity to reconnect deeply, step out of routine, and celebrate the love you've built together.

### Save the Date!

This thoughtfully designed retreat offers you the chance to try exciting new activities, enjoy personalized coaching, and share unforgettable moments—all within a supportive and inspiring atmosphere. Our program is crafted to help you and your partner rediscover what makes your relationship unique while having fun along the way.

### Registration Details

- Registration Deadline: September 1, 2026 (no exceptions).
- Cost: \$575 per person (includes sessions, meals, and events; lodging and alcohol not included).
- Lodging: Enjoy a 10% discount on our charming 1-bedroom cabins with promo code: LOVE.

### Your Weekend Itinerary

#### Friday Evening

Kick off the weekend with wine, beer, and appetizers at our cozy lodge, followed by a gourmet dinner at the Bistro. At 7:00 p.m., join us for the first session, where you'll reconnect through guided activities that set the tone for the weekend. The rest of the evening is yours to relax and settle into your accommodations.

#### Saturday

- **Morning:** Start the day with optional Egoscue body movement at the vineyard overlook deck at 8:00 a.m.
- **Session 2:** Dive into interactive, heart-centered activities starting at 10:00 a.m.
- **Afternoon Activities (Session 3):** Choose from:
  - **Couples Cooking Class:** Work as a team to create a delicious meal.
  - **Forest Bathing:** Reflect and recharge in the beauty of nature.
  - **Kayaking:** Glide along tranquil waters and reconnect in peaceful surroundings.
  - **Horseback Riding:** Spark playfulness on a scenic trail ride.
  - **Couples Massage Workshop:** Learn and share relaxation techniques for lasting intimacy.

- **Evening:** Savor a guided wine tasting and an elegant dinner, followed by Session 4. End the day under the stars with a bonfire and s'mores.

### **Sunday**

Begin with another chance for Egoscue movement, followed by a meaningful devotional and retreat wrap-up. Check out of your cabin by 11:00 a.m., taking home renewed connection and joyful memories.

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Make this the year you invest in the heart of your relationship. Sign up today to reserve your spot—spaces are limited!

### **How to Register:**

Submit the enclosed registration form with your non-refundable payment to:  
Paradise Hills, Winery Resort & Spa  
366 Paradise Rd.  
Blairsville, GA 30512  
Attn: Couples Retreat

### **Electronic Payment:** [Online Payment Link](#)

We can't wait to help you reignite your passion and create lasting memories!

**Warmly,**  
Ilke and Bob Lander