

Couple's Retreat ~ September 29 – October 1, 2023

Welcome!

We are extremely excited to have our first Couple's Retreat in Paradise Hills. Prepare yourselves for an exceptional experience filled with lots of fun, new activities, and incredible insights on what and how to make your marriage filled with passion, vitality, and playfulness. We feel honored to be able to put this weekend together and offer it at Paradise Hills.

Mark your calendars!

The Couple's Retreat is structured in a way that will allow you to try new things, get personalized coaching, and have fun... all wrapped up in 4 sessions. You will have a session offering several choices of activities. The choices will be on a first come, first-serve basis so.... Send in your registration form ASAP.

The deadline for all registration is September 15, 2023, with no exceptions.

For those of you who would like to make this a complete weekend adventure, we will be offering several 1-bedroom cabins at a 20% discount. Please give us a call to reserve your private getaway.

The Retreat will begin on Friday evening with an orientation & introductions at the lodge. We will be serving wine, beer (open bar) and offering light appetizers. Please be at the lodge no later than 5:00 p.m. After the orientation, we will dine at the Bistro and your first retreat session will be facilitated at 7 p.m. Afterwards, your evening is free time. Get settled into your accommodation and rest up for a weekend of fun.

Saturday morning, for those interested, there will be gentle Egoscue body movement offered at the vineyard overlook deck at 8 a.m.

Session 2 will begin at 10 a.m. followed by a catered lunch.

The Activities session is where choices can be made. Beginning around 1 p.m., you may select your activities. Each couple will be assigned their group leader and shuttled off to their activities' location.

At 5 p.m., there will be a guided wine tasting offered by our winemaker, incorporating some of the tools you have learned. Leading into our Saturday evening dinner, Session 4 will be facilitated by Sheila.

The evening will close with a bonfire and s'mores below the vineyard.

Sunday, there will be another opportunity for Egoscue movement followed by a devotional, retreat summary and check-out of cabins by 11 a.m.

Here is a brief description of the sessions offered for Session 3:

Couple's cooking class: No experience necessary. You will learn the skills to cook a healthy and nutritious meal while having fun with each other AND working as a team.

Forest Bathing (Shirin-yoku).: Starting in the national forest, you will be guided by an avid trail hiker and safety specialist. You will be wandering the Chattahoochee national forest and mountain trails, soaking in the natural beauty, the sounds and the smells. This is a great time of reflection together in nature. The group will hike approximately 2 hours at a moderate pace and see some off the trail special spots.

Kayaking: Spend your session calming your mind on the lake. This lake kayak session is limited and weather permitting only. Paddle the shorelines of Lake Nottley. All equipment provided.

Horseback Riding: Saddle up for this horseback trail ride. No experience necessary. Ride through the North Georgia mountains with your loved one to ignite your play. Max. weight limit 250 lbs..

Couples Massage Workshop: What better relationship insurance can there be? While you enjoy the perfect back and shoulder massage with your partner, your therapist will teach you basic Swedish massage techniques for duplicating the experience at home.

Now that you have read over the structure of the weekend, it is time to sign up. Please fill out the enclosed registration form and send it with non-refundable payment to:

Paradise Hills, Winery Resort & Spa
366 Paradise Rd.
Blairsville, GA 30512
Attn: Couple's Retreat

Electronic payment can be made. Call us for a link.

Our retreat is offered to you at \$445 per person including all the instruction, events, meals, drinks but does not include lodging. Several cabins have been blocked so please CALL 877-745-7483 to reserve your cabin.

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We look forward to this exciting adventure and the many memories that will be made!
Ilke and Bob Lander