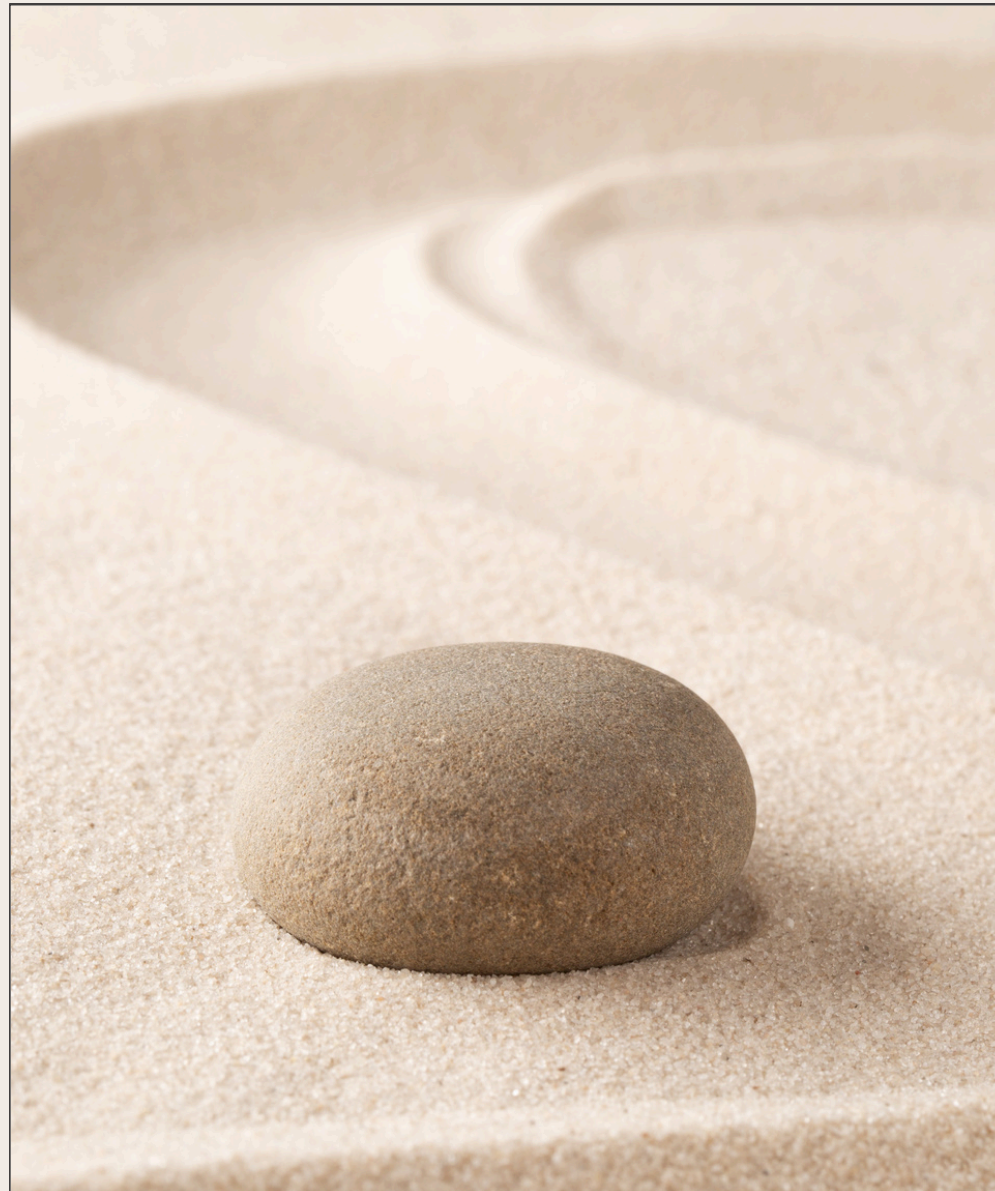


AUTHENTICITY IN CONNECTION

A FIVE-DAY INTERNATIONAL COUPLES RETREAT



PULA, SARDINIA

HOSTED BY: ARNO RAMAKERS & ALESSIA NIMIS



A PLACE TO LAND TOGETHER

We warmly invite you to a special five-day international couples retreat on the beautiful island of Sardinia. A journey of depth, stillness, and renewed connection.

In the midst of busy lives, endless expectations and emotional overload, it's easy to lose touch with our own essence and with the one we love. This retreat offers you both a sacred space to pause, reflect, and deepen your bond. Not by fixing what's broken, but by embracing what's real.



AUTHENTICITY IN CONNECTION

What does it mean to be truly yourself in a relationship?

How do you stay connected to your inner truth while remaining open to the other?

Throughout this retreat, we explore how authenticity and presence are the foundation of deep, lasting connection.

Lack of time, different desires, the balance between freedom and togetherness, and dealing with emotional distance or conflict are experiences many couples can relate to.

This retreat is an invitation to pause, to deepen, and to rediscover the joy of being together.



WHAT TO EXPECT

The program is carefully designed to support you in developing awareness, relaxation, and genuine connection.

- Daily workshops and guided sessions exploring:
 - Communication beyond patterns*
 - Autonomy and surrender*
 - Emotional intimacy and safety*
 - The power of presence and touch*
- Guided meditations and embodied practices
- Systemic awareness and constellations
- Walks in nature and moments of reflection
- Time for rest, connection, joy, and playfulness

Each morning concludes with a guided Thai Yoga massage that you offer to your partner. An invitation to softness, presence, and mindful touch.



FOR COUPLES WHO WANT TO SLOW DOWN

This retreat is open to couples of all orientations, backgrounds, and stages of relationship. Whether you've just begun your journey together or have shared decades of life, this space is for you if you seek truth, tenderness and depth in your relationship.

The retreat is guided in English, with additional support in Dutch, German, and Italian.

We work with small groups of a maximum of four couples per week.

Before the retreat, we schedule an online intake session to align with your intentions and expectations.



ABOUT ARNO

For the past three years, I've shared my life with Alessia, who continues to inspire me to be more and more myself. I'm a father of three wonderful children, each following their own unique path.

For over thirty years, I've been working as a coach on all levels, and for the past six years, I've also been a co-trainer at an accredited relationship coaching program. In addition, I guide couples on their journey toward deeper connection and authenticity.

I believe that the most beautiful gift you can bring to your relationship is to be fully yourself. By recognizing and sharing your own insecurities, you create space for mutual understanding, allowing authenticity and connection between you and your partner to deepen.



ABOUT ALESSIA

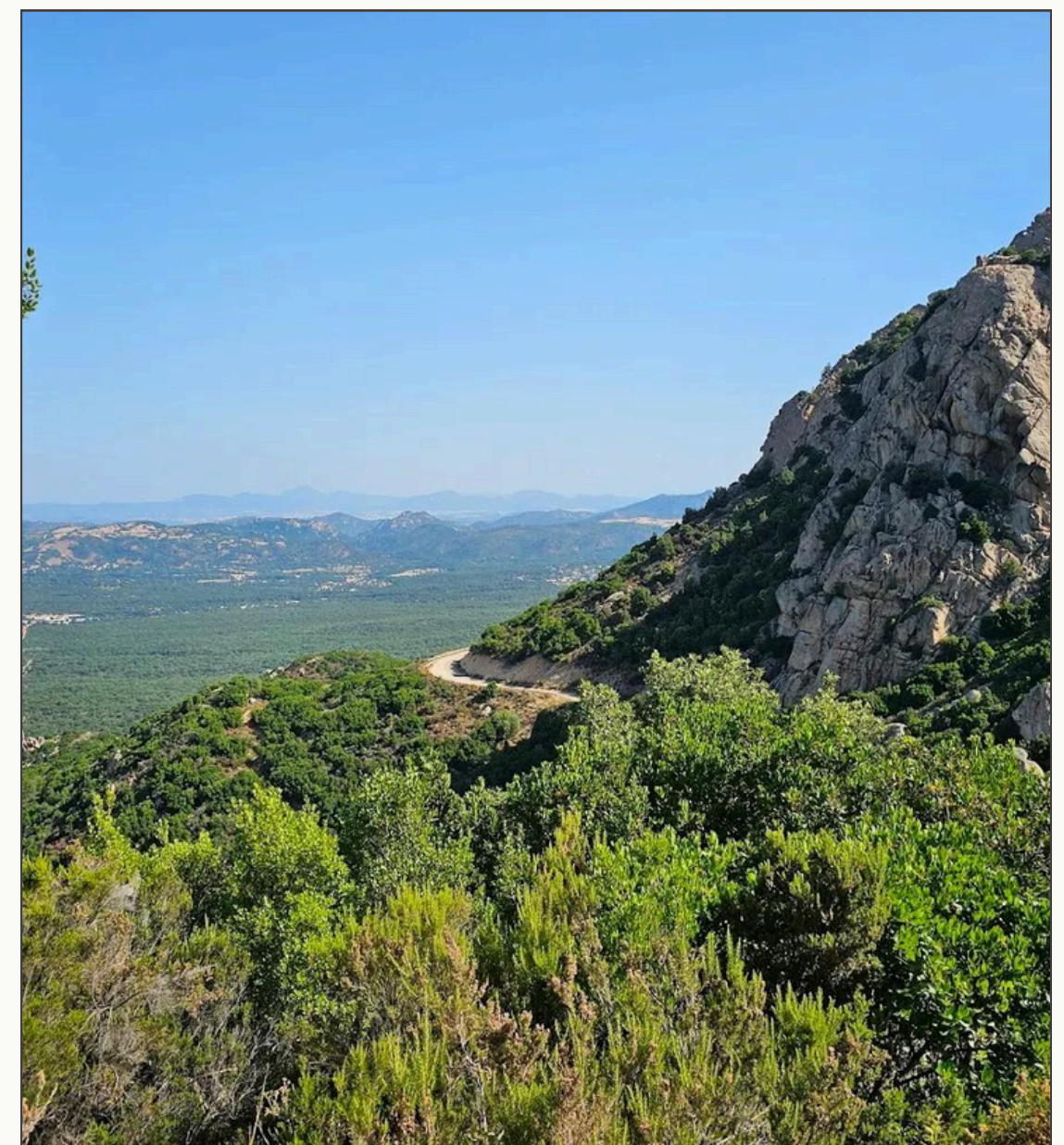
Originally from Italy and now living in the Netherlands for the past couple of years.

I've always been drawn to the holistic world, believing that our body often tells us more than we are ready to hear when we are not connected and aligned within.

During this couples' retreat, my purpose is to guide participants through body awareness and connection practices, helping each couple to explore their inner world together.

Through mindful touch and yoga stretching, we will focus on listening - to ourselves and to our partner - finding harmony from the inside out.

WHAT YOU NEED TO KNOW



DATE

20 - 24 April 2026

LOCATION

Villa Degli Olivi, Pula, Sardinia

PRICE

€ 1,650 p.p. (incl. VAT)*

**Including program, breakfast & lunch, excluding travel costs.*



REGISTRATION & CONTACT

Would you like to join us?

Feel free to contact us for an introductory conversation or more information at:

post@arnoramakers.nl

www.arnoramakers.nl

We look forward to welcoming you into a space of love, stillness, and growth.

With warmth and love,

Arno & Alessia