



A Couples Weekend

for Men and Women in Relationship

Facilitated by Rich and Char Tosi.

Char is founder of Woman Within.

Rich is co-founder of the ManKind Project.

I am usually not at a loss for words, but words alone cannot express my feelings about the Couples Weekend. It was incredible. The two of you are human, warm, supportive, deeply caring about your participants and your work. At all times, we felt valued, protected and safe. Not only were the exercises powerful, but you were true teachers and gave us such real tools to take home and use. Couples Weekend Participant

- ❖ We have nine couples workshops scheduled including two in South Africa. The Boston, San Diego and Fairfield workshops will be our advanced Couples II weekends (Couples I is a prerequisite). See Registration Form below for details. All weekends are non-residential except Cleveland, which has optional onsite lodging and Baltimore which is residential only with kosher meals (Saturday to Monday). To register for the weekends in South Africa, please contact Anthea Swift at 27 21 791 2992 / anthea@humanworks.co.za

Cape Town / Johannesburg / Cleveland / Spokane / Boston / San Diego / Baltimore / Miami / San Francisco

- ❖ In general, onsite registration starts at 5:00 pm Friday evenings. We'll be complete by 4:00 pm on Sunday.
- ❖ Meals and lodging are not provided, except as noted.
- ❖ It is not necessary to have completed Woman Within or the New Warrior Training to attend the Couples Weekend. The number of couples we can accommodate is limited. A deposit is required to reserve your place.
- ❖ See below for:
 - FAQs (frequently asked questions)
 - Registration Form
 - Participants Comments
 - About the Couples Weekend
- ❖ For more information about the Couples Weekend call us at 810-750-7227 / 810-423-2044 or visit our website at www.tosi.biz.

- **Discover more joy in your relationship journey.** Are you ready to mine the gold that is possible in your relationship? Spend a weekend together learning skills that turn seemingly dark moments into opportunities for intimacy. If you are in a relationship that is working well, these same skills are the gateway to even deeper intimacy.
- **Learn how gender differences impact your relationship.** By participating in same gender and mixed gender groups you can learn how to deal with the different expectations and assumptions that men and women often bring into a relationship.
- **We create a safe, loving container for couples to reach deeper levels of love, intimacy, acceptance and trust.** We have been leading Couples Weekends since 1977 and have been married since 1969. Whether you are in a strong or struggling relationship, we invite you to join us at a Couples Weekend.
- **The Couples Weekend provides** you the skills and tools needed to deepen and enrich your relationship. It focuses on learning to love your partner. It also gives you an opportunity to get clarity about the ups and downs your relationship.

Couples Weekend FAQs

Q. We have both done our individual work. Why do we need a Couples Weekend?

A. Great question. Our experience tells us that individual work is not enough to fulfill and enrich a relationship between two people. Couples need a specific set of relationship skills for this. Individual work does serve as a foundation for relationship growth.

Q. Do you do Couples "GUTS"?

A. No, we do not do Couples GUTS. We find that the processes that work for individuals simply don't work for couples in relationship. We have created a series of dynamic processes and skills that help couples navigate to a healthy relationship.

Q. I am afraid that I will be required to expose everything about our relationship. Is that true?

A. No. Couples are reminded repeatedly that what they say and how deep they go is a matter of personal choice. The weekend is structured to allow couples to proceed at their own rate.

Q. Will we be "working" in front of the entire group?

A. Much of your "work" will be done as individual couples. Some work is done in small groups of two to three couples. A few processes are done with the entire group. There is also time when women will be with women only and men will be with men only. Regardless of the configuration you are always given the option to "pass" on any process.

Q. Does my relationship need to be in trouble to attend the weekend?

A. Absolutely not. Although couples do come whose relationships are in trouble, many come to revive and refresh healthy relationships. Other couples who are just starting off come to prepare themselves for their life together. In fact it is this mix which makes the weekend a richer experience for all couples.

Participants Comments

While most of the weekend involves all the men and women working together, Rich and Char also very artistically brought out the male and female energies in the group separately, and then allowed us to really experience the other gender's energy in a powerful and honoring way.

I found the weekend invited me to make it as intense as I wanted it to be, and it was a very safe container. There was a great blend of opportunities to work on the challenging, hard places in our relationship, and also processes that celebrated and brought out the joy and tenderness in our relationship.

The couples on our weekend included people with the entire range of experience in personal growth workshops and the entire range of relationships. From couples that were in the early courting phase, still getting to know each other without necessarily feeling ready to commit to the relationship on a long-term basis yet. To long-term married's. To couples that were parting ways. That was amazing and very honoring of the relationships, the value of this process, and people's willingness to take risks and share with each other.

The Couples Weekend is such an intricate dance. It is sequential and directed yet has a magic seamless rhythm.

This weekend also allowed me as a woman to see the softer side of the men's work. Knowing that they have feelings of anger, neglect, hurt and years of wounds, yet also feelings of deep compassion for women was truly a beautiful insight.

The glow is still very bright from all that we experienced! Having never participated in this type of personal work, I was unsure what to expect. What I discovered was an open, supportive experience that gave me some wonderful personal as well as relationship oriented insights, tips, tools and problem solving mechanisms that will only enhance the place that we are at and the loving future that I certainly hope to enjoy.

Rich and Char made it clear from the outset that this is not a Warrior Weekend. It is its own entity with its own form of container-building.

The energy each man and woman brought to start this weekend at first was of anger, fear, doubts, distrust. The energy each man and woman left with was a heartfelt appreciation that there are two loving and devoted people such as Rich and Char who give a damn about making a change in people's lives for the better.

Rich and Char do a beautiful job of leading the weekend. They are both very low-key, humble individuals who lead with a light touch They play off of each other in a fun way when making presentations, and they related to us as peers, freely telling stories of some of the ups and downs in their own relationship.