



PRESENTS

atman

CONSCIOUS COUPLES

RETREAT

JUNE 22-25 2025

# CONSCIOUS COUPLES

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Join us for a transformative 3-night experience in the breathtaking landscapes of Colorado. Designed for couples in any stage of their relationship, this program introduces the concept of 'relationshaping'—a dynamic approach to fostering growth and adaptability in your partnership.

## THE EXPERIENCE

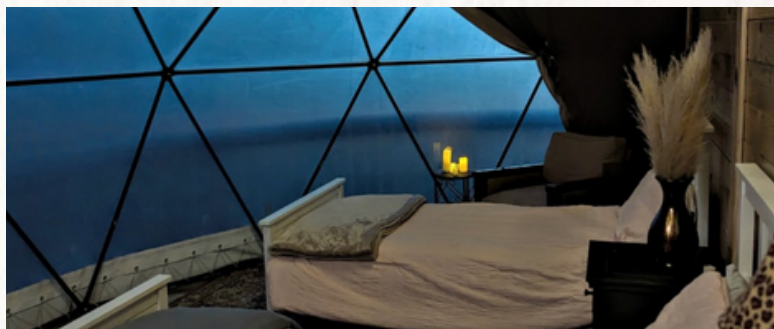
Experience a journey that weaves courage, exploration, adventure, and romance, taking your relationship to the next level. This retreat is for those who are dating, married, and anyone in an intimate partnership who seeks to deepen and explore their committed relationship. Whether you are newly together or have been partners for years, this experience is designed to help you grow, evolve, and connect more profoundly with your partner.

## PROGRAMMING

- **Somatic Healing:** Enhance body awareness and emotional healing.
- **Embodiment Exercises:** Strengthen your connection through mindful movement and presence.
- **Ceremonial Experiences:** Engage in sacred practices to let go, surrender, and embrace transformation together.
- **Community Support:** Connect with other couples in a supportive environment, fostering authenticity and deeper connection.
- **Intimacy Building:** Explore techniques for deeper physical and emotional intimacy.
- **Sound Baths & Music Therapy:** Experience the healing power of sound and music.

## WHAT TO EXPECT

- **Dynamic Growth:** Embrace a fluid approach to relationships, moving from stagnation to continual growth and adaptability.
- **Intimacy Cultivation:** Deepen your connection through embodied practices, somatic awareness, and emotional honesty.
- **Holistic Healing:** Integrate ancient tantric principles and somatic techniques to enhance trust, vulnerability, and mutual respect.





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## OUTCOMES AND INSIGHTS

- **Attachment Insights:** Understand your attachment style and its impact on your relationship.
- **Authentic Communication:** Learn and practice honest, heartfelt communication.
- **Personal and Mutual Growth:** Balance togetherness with personal reflection and growth.
- **Deepened Connection:** Participate in activities that foster a profound and intimate bond with your partner

By moving through embodiment experiences, you will have the chance to explore a deeper kind of connection with each other, and yourself. Through ceremonial experiences, your ego will be challenged to let go, surrender, and trust yourself and your partner as you move deeper into the unknown. Within the community you will witness and be witnessed bringing you closer to your authentic self.

## CULINARY EXPERIENCE

Indulge in organic cuisine, crafted by our in house chefs. Each meal is vibrant, nourishing, and thoughtfully prepared using ingredients sourced from our local, farm to table food providers.

## SPA SERVICES

Mindfulness, breathwork, yoga, sauna, cold plunge, physical movement and more...

## INVESTMENT

\$8,000 USD per couple/ Private accommodations

\$6,750 USD per couple/ Shared accommodations

Includes: Accommodations, all therapeutic services, ceremonies and organic meals.

## WE LOOK FORWARD TO SEEING YOU

We are thrilled to host you on this transformational journey, elevating your personal growth to new heights. Our immersive programs guide you and your partner through profound breakthroughs, fostering deep, lasting, and positive change.



## OUR FACILITATORS



### Dr. Jesse Hanson

Dr. Jesse Hanson is the clinical director for Atman Resorts and Retreats. He holds a PhD in Clinical Psychology from The Chicago School of Professional Psychology with a specialization in somatic psychology and neuropsychology. He also possesses a Master's Degree in Clinical Psychology from Santa Barbara Graduate Institute. Dr. Hanson has spent over 20 years training with various holistic and shamanic teachers, exploring the connection between mind and body and its impact on natural healing processes. Currently, he serves as Co-Founder and Clinical Director of MentalHealth.com, Chief Clinical Officer of Dimensions Retreats, Interim Clinical Director at Ryzio Institute and works as a Clinical Advisor at HOLOS. He also served four seasons as an interventionist on A&E's documentary series Intervention. With a career centered upon helping patients recover and better their lives, Dr. Hanson is committed to the mission of bridging modern neuroscience with ancient wisdom and rituals.

### Kyle Quincey

After his retirement from a 14 year professional hockey career, Kyle has turned his passion to education, access and community for those seeking personal growth. Drawing from his own experiences with the physical and emotional demands of an NHL career, he's become a leading advocate for mental wellness and innovative approaches to healing, including alternative therapies like psychedelics.

Now, as President and CEO of Do Good Ranch, Human Optimization, Consulting, and the Team Ax Foundation, Kyle is creating transformative pathways for athletes and others facing neurological challenges. Whether it's guiding others on their wellness journey or embracing the joys of fatherhood, Kyle's mission is to inspire and uplift those around him. Through his work, he's helping individuals unlock their full potential, offering hope, healing, and a brighter future.



### Demi Betschart

Demi Betschart is a seasoned practitioner and somatic coach with over a decade of dedication to the healing arts. With a profound journey spanning soul retrieval, rebirthing, and deep exploration of body awareness, yoga, meditation, and breathwork, she brings a wealth of experience to the realm of somatic healing. Over the past seven years, Demi delved into both clinically and traditionally rooted midwifery models at the National Midwifery Institute, adding a unique dimension to her understanding of the power of life, the holistic healing process, and the return to wholeness. Demi also incorporates Internal Family Systems, inner child healing, attachment theory, and various somatic approaches into her multifaceted approach to healing. This allows her to weave a tapestry of methodologies, creating a space where profound transformation meets compassionate guidance.