



how to human better

releasing the power of consciously-constructed relationships

Pre-marital Intention-Setting Sessions

Initial Consultation • 90-minutes

The initial consultation is intentional time for us to get to know each other better. It's important for me to get a feel for your vibe as an individual or couple so I can design our intention-setting sessions appropriately. It's deliberately unstructured time, and often best accomplished by sharing a meal together (I'll bring groceries to cook together, or we can go dutch on a restaurant bill. No extra cost if we go over 90mins).

Pre-Marital Intention-Setting Sessions Bundle

These 3 sessions work really well to help you reflect on the history of your relationship so far, attend to its present challenges, and set intentions for the future as you transition from personal love to socially-recognized union.

1. **Celebration.** This 90-minute couples session is a time to draw your attention to where you come from as a couple and all that you have to be grateful for and celebrate together. I'll ask you to complete a short exercise ahead of time, and to bring some physical mementoes and/or photographs from your past for us to review together. We'll spend some time in a unique, guided meditation; as well as some time doing focused acknowledgements of one another to strengthen the foundation for a spirit of ongoing celebration in your marriage.
2. **Boundaries.** This 90-minute couples session is a time to dig in and address the personal growth challenges that are relevant for both of you during this time in your relationship. It's also a time to intentionally verbalize needs that are or are not being met through the existing configuration of the agreements you share, and to define clear boundaries to protect the needs of both partners now and going forward in your relationship.
3. **Planting.** This 90-minute couples session is a time to set and strengthen your intentions for your partnership. By taking the time to symbolize and verbalize your intentions, you will maximize the potential for real manifestation of your shared dream(s) as a couple. We will literally and figuratively plant the seed for long-term health & happiness in your marriage, and work through a basic vision-boarding exercise together.

Supplemental Sessions

The value of the 3 bundled sessions can be greatly enhanced by supplementing with one or more of the following sessions, depending on the couple.

- **Grounding.** These 60-minute sessions are real game-changers and take place sometime during the week before your ceremony or during the day before the rehearsal dinner. It's a time set aside to help you get grounded and find peace before your big day. Weddings can be stressful, for many different reasons, and this private ceremony is a way to help you minimize anxiety and focus on each other before the energy ramps back up and your guests begin to arrive. The session will incorporate some practical mindfulness tools from academic psychology, a guided meditation, and some grounding rituals. We can pray together during this time, or I will guide us through another from spiritual traditions or ancient cultures that are personally important to you. **Grounding sessions can be done privately with the couple, and/or with the entire wedding party to become present before the event.**
- **Couples reflection.** 90-minute supplemental couples session to reflect and integrate on work done during an intention-setting session, or to address a specific issue or concern.
- **Individual reflection.** 60-minute 1-on-1 session to reflect and integrate on work done during an intention-setting session or a couples reflection session.