



**THIS BREATH is a virtual retreat program
conducted over Zoom and hosted by Ohio Illumina**

April 16, 7-9:30 p.m. EDT and April 17, 10-6 p.m. EDT

This event is an opportunity for spouses to join an Illumina program. Any committed couple is welcome.

If we are to keep the illuminating fire of our passion alive, we need a consistent source of oxygen. Breath by shared breath, we live our lives together.

All couples move through stages. **This Breath** represents the Now of your relationship. **This Breath** helps us to gain perspective on our past breath and on our next breath.

Together, we will explore a series of tools for couples to invigorate communication and to share your love with your Adding to the experience will be a mix of poetry, a walk-and-talk in nature, prayer, playful enrichment activities, and thoughtful reflection.



Facilitated by Tom and GERALYN Sparough. Tom is the Cincinnati host for Ohio Illumina. An author, he has a MA in psychology. A veteran teacher and fiber artist, GERALYN has a MA in counseling. They have presented at national conferences for The Association of Marriage Enrichment, Marriage Encounter, Retrouvaille, and more. Learn more about their work at: <https://create-retreat.net/couples-retreats>.

Fee of \$75 per couple is suggested, but couples can give less or more as their budget allows. Contact Tom for more information: Tom@SpacePainter.com or call (513) 542-1231.