



Love Map.

WEEKEND RETREAT
FOR COUPLES

22-24 November 2019

Catherine Hill House, Frome, Somerset

with Alice Irving and Roma Norriss

Let's be honest...

Over time, your relationship so often gets shunted to the bottom of the pile.

And that never works. You CAN muddle along feeling disconnected from each other, maybe for weeks or months.

But when life gets stressful, your relationship starts to feel intolerable.... unless you know how to maintain a good connection.





connection takes practice.

The good news is connection is a practice. There are simple, practical techniques to keep you on an even keel.

Love Map is designed to help you find your way through, even when things are tough. Inspired and informed by attachment and trauma theory and the neurobiology of relationship, Love Map enables couples like you to:

- De-escalate conflict
- Have regular date night/ one-to-one time (and enjoy it!)
- More gratitude
- Stay connected even in times of stress
- Take care of everyone's needs



a weekend

for you both.



You'll enjoy each other, unwind, and gain powerful insights to your relating patterns that will transform the way you connect in your day to day lives.

Each day you'll also take a few hours just for the two of you to integrate, nap, snuggle and enjoy your connection.

A delicious, wholesome meal is provided on each of the three days. Places are limited to no more than 5 couples.

Love Map.
WEEKEND RETREAT

Catherine Hill House

Owned and run by our good friend, designer Daisy Dyer. The beautifully furnished 18th century flat is intimate and homely, with a spacious living room which will be our main space.

Located in the heart of funky Frome, there are lots of romantic town and river walks, window shopping, cafe's and galleries to explore in your time off.



WEEKEND RETREAT

Love Map.



what people say...

"Highly recommended for anyone who wants to get really good at relationship."

"We could barely look at each other during the first session, but after a couple of weeks our connection was off the scale!"

"Roma and Alice deconstruct exactly what is happening emotionally, mentally and biologically when difficulties arise."

"My partner and I are more focused on gratitude with each other and the myriads of ways we can continue to improve and evolve our relationship. Thank you sooo much!!!"

"I really felt a shift in the quality of connection with my partner."

Booking and Accomodation

RETREAT ONLY

Includes one daily shared meal and refreshments.

Early Bird before 15th October: £500 per couple

Full Price after 15th October: £575 per couple

Installments available.

ACCOMODATION

Stay at Catherine Hill House OR 22 Catherine Hill (Roma's beautiful home just a few doors up).

£120 per couple, Fri-Sun. one couple per flat.

Booking: www.aliceirving.com/lovemap

STAYING IN FROME

Frome is bursting with delightful places to stay. Book your own accomodation on Air BnB.

Frome is 2.5 hours from London by train.



Roma & Alice

Roma and Alice get listening, connection, intimacy and community and what makes humans thrive from the inside out.

Through transformational training for individuals, couples, parents and organisations, Alice and Roma are known for their sparky, heartfelt and irreverent approach to bringing people together.



Love Map.

WEEKEND RETREAT