

# Hold Me Tight®

## AN INTERACTIVE COUPLES WORKSHOP

- Are you ready to experience a stronger couple connection?
- Would you like to learn how to communicate in new ways that promote better understanding and closeness?

### IN THIS WORKSHOP YOU WILL:

- Repair wounds and forgive injuries
- Understand the negative cycles that keep you apart and alone
- Bring back aliveness, intimacy, sex and LOVE into your relationship

for more information visit  
[DaliaAnderman.com/workshops](http://DaliaAnderman.com/workshops)



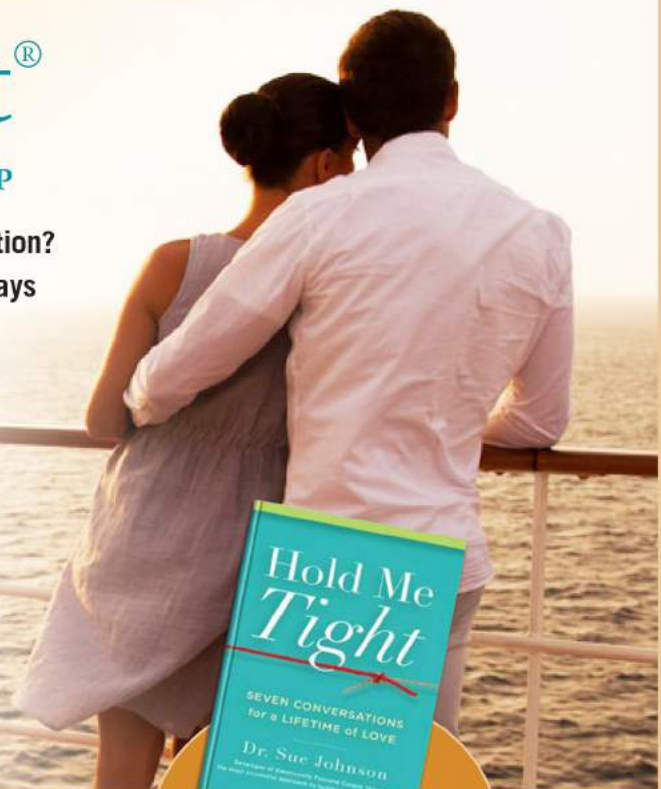
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**April 15-16, 2023**  
**Nevada City, CA**  
**\$1045 per couple**  
**\$945 (early bird till 3/15/23)**

~ We Welcome All Couples ~

**REGISTER ONLINE NOW!**

**Register at [DaliaAnderman.com](http://DaliaAnderman.com)**  
**or call (530) 692-0680**

### WHAT COUPLES ARE SAYING ABOUT THIS WORKSHOP:

*"...I wanted to reach out and thank you both for holding the workshop with us this past weekend. It really changed the way in which I view and interact with my partner and I couldn't be more grateful... It means a lot that you're willing to learn and grow together with us, not in a power-over dynamic, but in an interactive way..."*

*"Thank you for doing what you do, from holding the space*

*for us to be vulnerable with each other, to treating us to the opportunity to laugh and learn and grow and grieve."*

*"This weekend was so very helpful. We have been working through these issues in therapy for a long time, but this framework made me feel finally a sense of resolution."*

*"Thank you Dalia and Owen from the depth of our hearts!! We journeyed this weekend into places in our relationship we can not imagine will be possible. Unbelievable."*