
Helping Couples
Cultivate Mindful
Marriages Through
Couples & Pre-
Marital Counseling



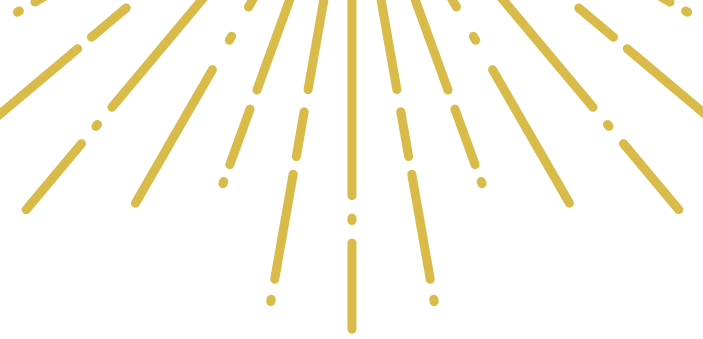
REGISTER TODAY

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Mindful
Marriages

LOTUS COUNSELING





The roots of a long lasting relationship are Mindfulness, Deep Listening, and Loving Speech.
- Thich Nhat Hanh -

TWOGETHER IN TEXAS

Since 2013, the PreMarital Support Program has been offered in collaboration with PrepareEnrich & Twogether in Texas. This program is recognized by the State of Texas and rewards a Discount on Texas Marriage License upon completion. Find out more at www.TwogetherinTexas.com & www.Prepare-Enrich.com

PRE-MARITAL TOPICS OF FOCUS

Communication

Together we'll discuss the patterns from your Families of Origin and cultivate skills for communicating with greater ease, as well as for more effective conflict resolution.

Stress Management

Chronic stress is a serious threat not only to your physical health, but also to the ease with which you navigate your relationships. We'll explore common stressors and learn tools to help better prioritize and manage stress.

Intimacy

Together we'll consider what it means to feel connected to one another, by exploring and enhancing the various ways that you express love, affection, and respect for one another



ADDITIONAL TOPICS COVERED:

Love Languages
Money & Finances
Relationship Roles
Children & Parenting
Marital Expectations



INVESTMENT

Total: \$555 upfront or \$650 PmtPlan
Fees cover Six 60-Minute Sessions &
Discounted TX Marital License

**This Program makes a great wedding gift
from family/friends. Inquire today about how
you can gift this course to a loved one.*

