



April 16–18, 2010 Friday–Sunday

Mating in Captivity: Unlocking Erotic Intelligence

Esther Perel

Why does great sex so often fade for couples who claim to love each other as much as ever? Is it possible to want what we already have? Why does intimacy not guarantee great sex? Guided by therapist Esther Perel and her bold new take on intimacy and sex, this workshop probes the bonds and conflicts of love and desire. In an atmosphere free of judgment, we will learn to

- Balance our need for security and closeness with the quest for separateness and passion
- Understand how our emotional history shapes our erotic blueprints
- Recognize why more emotional intimacy can lead to less sex
- Cultivate eroticism, playfulness, and a sense of mystery in and out of the bedroom
- Keep desire alive after the kids are born
- Release erotic blocks and put the “X” back into sex.

Come unlock your erotic intelligence in a program that welcomes clinical professionals as well as laypeople. **CE credits are available.**



Esther Perel is one of the world's most respected voices on erotic intelligence. She is the author of the international best-seller, *Mating in Captivity: Unlocking Erotic Intelligence*, now translated into 25 languages. Fluent in nine languages, Esther brings a rich multi-cultural perspective to her work as a couples and family therapist in New York City. She serves on the faculty of the family studies unit at the NYU Medical Center and the International Trauma Studies Program. Esther has been featured in many leading publications and has appeared on the Oprah Winfrey Show and the Today Show. *Mating in Captivity* won the 2009 Consumer Book Award from the Society for Sex Therapy and Research. www.estherperel.com



exploring the yoga of life.

Take time away to do what you love. Kripalu Center for Yoga and Health offers hundreds of workshops, retreats, and trainings in yoga, personal growth, creative expression, holistic health, and more.

While you are here... Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

Kripalu is 3 hours north of New York City.

find out more ➔ kripalu.org • 800.741.7353