



# *Napa Valley Couples Retreat*

Friday, February 14, 2014





# Napa Valley Couples Retreat

Enjoy a beautiful weekend  
away with the one you love!

This one-day retreat is for couples who want to recharge together and learn ways to maximize their communication and life balance. The goal is to leave this day retreat feeling energized about your relationship, your life and your future!

## Description of Experiences

We believe that training experiences should be transformational! In order to help achieve that goal, we include fun, educational and inspirational activities in each of our Napa workshops. The following are descriptions of our seminar and some of our potential experiences.

**Friday 9:00 – 11:30 a.m.**

***Communicating and Honoring Seminar***  
**Del Dotto Winery in St. Helena, California**

A limo will pick you up at your choice of lodging and bring you to Del Dotto Vineyards on Route 29 in St. Helena to start your day. In this fun and interactive session we will cover:

- *How to create effective communication with your loved one*
- *Ways to work through differences quickly and with positive outcomes*
- *How to honor and treasure your differences*
- *Ways to keep your relationship healthy and vibrant*
- *How to create a relationship that gets better every single year*



Your session will be facilitated by Dr. Tim Ursiny, the founder of Advantage Coaching & Training who has been married for 31 years and has learned many of these lessons the hard way! His wife, Marla, will also be attending so you can grill her to make sure that he practices what he preaches! You can find out more about him at: [www.advantagecoaching.com](http://www.advantagecoaching.com)





**Friday 11:30 a.m.– 1:30 p.m.  
Picnic lunch and wine tasting  
Del Dotto Winery**

Del Dotto Vineyards is Dr. Tim's favorite winery in Napa Valley. At Del Dotto we will sample from French and American oak barrels while receiving an education on the science and art of making wine. As VIP guests, we will taste wines not open to the general public. We will end our experience with hors d'oeuvres crafted by executive chef Joshua Schwartz as well as a tasting of CharDotto Port and hand-made chocolates. This is always a favorite experience with our guests! Pace yourself, we may sample up to 12 fantastic wines.

<http://www.deldottovineyards.com>



**The rest of our Friday Afternoon: A Limo Tour of Napa**

Our limo will take us to several unique experiences in Napa Valley. The exact experiences will be chosen after interviewing the couples attending, but our current possible itinerary includes:



- **Sterling** The wine is decent, but our main draw to Sterling is riding the tram to their winery. Spectacular views and great for taking pictures.  
[www.sterlingvineyards.com](http://www.sterlingvineyards.com)
- **Kollar Chocolates** Can sweets be art? You'll know the answer once you meet Chris Kollar.  
<http://www.kollarchocolates.com>
- **Castello Di Amorosa** You just can't beat an Italian castle built in Napa Valley! It is romantic enough to be featured on the television show "The Bachelor." The tour is impressive and the atmosphere is fun.  
<http://www.castellodiamorosa.com>
- **Shopping in downtown St. Helena** Cute shops, olive oil stores, art galleries and many other interesting shopping experiences.  
<http://www.sthelena.com/Shopping>

## Friday Evening: Limo Drop-Off

Our limo will drop you off at your lodging location to enjoy a romantic dinner with your loved one (although you may not be hungry, as many of our experiences include food pairings). Here are just a few restaurant recommendations:

### Press

<http://www.presssthelena.com>

### Rutherford Grill

<http://www.hillstone.com>

### Oenotri

<http://oenotri.com>

### Tra Vigne (not the pizzeria, the restaurant)

<http://travignerestaurant.com>

### Morimoto Napa (like the Iron Chef – sushi)

<http://www.morimotonapa.com>

**Auberge du Soleil**—good special occasion place, amazing view--sit outside even if it's cool—they will give you a pashmina to keep warm-- expensive, but our all-time favorite!

<http://www.aubergedusoleil.com/napa-dining/restaurant>

*Note: We highly recommend you make dinner reservations in advance of this date. All experiences are subject to change due to the interests of the group, the schedules at the wineries, and other unforeseen circumstances. But rest assured that we want your experiences to be new, unique and unforgettable!*

## Costs and Other Details

If you sign up before January 3 the fee is \$995 per couple. Includes the following:

- *The Communication and Honoring Seminar*
- All training materials
- A copy of *The Coward's Guide to Conflict* by Tim Ursiny, Ph.D., CBC, RCC
- The DiSC Personal Profile®
- A fantastic picnic lunch
- A limo tour of Napa with visits to multiple unique high-end wineries and other experiences
- All tasting fees (these can run up to \$120 per couple per winery due to the high end nature of our selections).

Note: The fee does not include airfare or lodging. See Trip Advisor or Travelocity for lodging recommendations in the Napa area. Most of our activities will be in St. Helena, which would be an ideal location to find a little bed and breakfast. For Marriott members the Napa Valley Marriott Hotel and Spa is approximately 20 minutes away from Del Dotto on route 29.

## Times

- We will start the session at 9:00 a.m. on Friday, February 14, 2014.
- Session ends on Friday, February 14 after the limo wine tour of Napa.
- We encourage couples to stay on their own for the weekend to soak in even more of Napa! We would be glad to make winery recommendations while we are out there!

## Deadline

In order to get the above discounted price you must sign up and give a \$500 non-refundable deposit by January 3, 2014. After this deadline, the fee will increase to \$1,295 per couple. To sign up, simply call our office at 630-293-0210; ext 100 and talk with Sue Gage. Due to the intimate nature of this experience, we are strictly limited to 6 couples, so please sign up early!