

Couples

Still saying «I do»

Loving one another and building our relationship

11th to 14th July, 2015
in the French Alps

www.fondacio.org

Session translated
into English



Session

A holiday to...

'Loving one another and building our relationship'

- renew our way of being together
- focus on what is essential
- find positive ways to deal with difficulties
- relax and recharge our batteries

Matters dealt with...

- Where do we come from as a couple, and where are we heading to together ?
- Which tools to use in order to decode our conflicts, and find ways to resolve them ?
- How can an inner and spiritual life unify our relationship ?
- How can we work towards a respectful and fulfilling sexuality ?
- What is the right balance between making plans together and the need for personal freedom ?

Throughout the day...

Mornings : speakers, testimonies, food for thought, dialogue as a couple, sketches
Afternoons : outdoor or creative activities, relationships workshops
Evenings : themed evenings, relaxation, parties

Who is it for ?

Open to all, married or unmarried couples, blended families, believers or not, full of energy or finding the relationship demanding, with the utmost respect for each person's experiences.

Family counsellors and psychotherapists make themselves available for free during the whole session, to help couples on request.

Session for Couples - in the Alps

Saturday, July 11 - 11 AM → Tuesday, July 14 - 5PM
In Saint Pierre de Chartreuse, near Grenoble

A break, without the children, to take care of our relationship

Please note: This session is non-religious

All-inclusive price (variable according to each couple's means → between 200 and 390€ per adult

✉ Contact

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Detailed information, on-line registration : www.fondacio.org

Cover picture : © Fondacio

Session for Couples at St Pierre de Chartreuse (Isère)

DATES AND TIMES : from **Saturday, July 11th, 11am, until Tuesday, July 14th, 5pm**. Be sure to arrive well in time. Reception and settling in to your rooms will take place between 9:30 and 10:45am. The session itself will begin promptly at 11am.

LOCATION: The beautiful village of St Pierre de Chartreuse is situated in the Isère *Département* (38) at 900m altitude, in the heart of the Regional Natural Park of Chartreuse, 25 km from Grenoble.

Postal Address : Maison Montbruno - 38380 St Pierre de Chartreuse.

Phone: +33 (0)4 76 88 62 35. Park your car on the *place de l'Eglise*, the Montbruno house is further down, 50 m away.

ACCOMMODATION - FOOD : you will be staying at the Montbrunos', venue of the session, or nearby in the village, less than 10 minutes from the venue.

Bed sheets and pillowcases : bed sheets are not provided, you can rent them for 5€ per person (specify in your registration) or bring your own (all beds are single). Note: please bring your own towels. All meals are taken at the Montbrunos' home.

TRANSPORT

By public transport: train to *Grenoble* followed by bus to St Pierre. Information: www.transisere.fr

Upon request, a Fondacio shuttle can pick you up from the train station (10€ return to St Pierre /person).

By road : From Lyon or from Valence take the A 48 or A 49 motorway, *Voreppe* exit, then through *Voreppe*, then the RN 520 to *St Laurent du Pont*, then St Pierre de Chartreuse.

From Grenoble, follow the D 512, *Massif de Chartreuse*, then *Col de Porte* then St Pierre de Chartreuse.

From Chambéry, follow the D 1006, towards Valence, *Col du Couz*, *St Laurent du Pont* then St Pierre de Chartreuse .

Tips : carsharing is possible through the website www.covoiturage.fr

PRICING : the price range is 200€ to 390€ per person. See grid below on registration form.

Prices shown are inclusive: they include meals, accommodation, proposed activities, insurance, plus the cost of the preparation, organization and running of the session.

Our pricing policy has two aims: firstly contributions should cover all of our costs and secondly contributions should be adapted to everyone's possibilities, within the price range specified hereunder.

We encourage those who can afford it to choose the top of the range. At the same time we would not want those who are more limited financially to be prevented from coming. It is important for us to take into account the situation and the motivation of each couple or family.

Note: If you can only afford a contribution below the published price range, we invite you to express your request in writing and we will contact you.

REGISTRATION:

Either online: Please visit the site by clicking here : www.fondacio.fr and follow the procedure (in French only). You may choose to make a full payment with your debit/credit card or make a 30% deposit only.

Or by post: to Florence Akehurst - 23 rue de l'Ermitage - 78000 Versailles – with a bank cheque (euros) for a full payment or a deposit (30 % of the total amount) payable to FONDACIO ACTIVITÉS .

In both cases you may also want to pay by bank transfer (see next page).

Registration Deadline : June 30th, 2015 . Note: The number of places is limited and registration will be confirmed on a first come first served basis. In previous years sessions have sometimes been full by late May.

- The registration will be effective upon receipt of your deposit or your full payment.

- You will receive a confirmation of your registration.

- Withdrawal: if you wish to withdraw before June 30th, you will get a full refund. As of June 30th, the 30% deposit will be retained and only the remaining 70 % will be refunded.

General Information about the session:

FONDACIO UK : Marie-Hélène Paire – phone : +44 (0) 787 3500 689 – email : marie-helene@paire.me

Christiane MARTIN – Tel. 04 76 56 71 09 (from UK: 0033 476 567 109) - e-mail : christiane.martin10@gmail.com

Registration or payment: Florence AKEHURST (*office hours*) 01.30.83.03.60 - e-mail : couplefamille@fondacio.fr
23 rue de l'Ermitage – 78000 VERSAILLES

Registration form for St Pierre-de-Chartreuse 2015

Saturday July 11th, 11am, until Tuesday, 14th, July, 5pm.

HER surname:..... first name : HIS surname.....first name :.....

Address :

Post code : City :e-mail:@.....

Phone line : Mobile phone: How many years together?

Her age : His age : Member (or friends) of Fondacio : Yes - No

The information requested below is valuable to us. It helps us to know better our audience and guides us to adjust our proposals and our communication. However, you are free to respond fully, partially or not at all:

- How did you hear about this session? :
 Personal acquaintance Fondacio connections La Cause connections other
 - Have you participated in a previous session for couples? : Yes No, if yes, year of last participation:.....
 - Current Occupation, HER:.....HIM.....
 - Religious situation HER: atheist / agnostic / seeking / Catholic / Protestant / Orthodox / other:
- HIM: atheist / agnostic / seeking / Catholic / Protestant / Orthodox / other:.....

MEANS OF TRANSPORT

- TRAIN** to Grenoble station - arrival time : _____
Then bus
Or FONDACIO Shuttle (10 € / person, return trip)
- CAR** (we have available seats (both legs of our trip)

Registration fees

	cost	Price range	Our price	x 2 for couple	TOTAL
Per person	245 €	200 to 390 €			
Fondacio shuttle Return trip		10 €			
Bed sheets and pillow cases / person		5 €			
				TOTAL	

- We enclose a bank **cheque** (euros, order "Fondacio Activités") of €, for full payment or a 30% deposit.
- We prefer to pay by Debit/Credit card online by clicking here : www.fondacio.fr
- We prefer to make a money transfer (full payment or 30% deposit) to:
" FONDACIO ACTIVITES", bank name: "CREDITCOOP VERSAILLES"
IBAN code: FR76-4255-9000-0741-0200-0165-591
BIC code: CCOPFRPPXXX

Les informations contenues dans ce document pourront être utilisées par les services internes et les organismes liés à Fondacio Activités, sauf opposition de votre part. Loi du 6 01 1978