

# CHIROPRACTIC FROM THE HEART FOR COUPLES! IN SARDINIA, ITALY

with Dr. Stew & Hillary Bittman



*A full weekend to celebrate & nurture your love from the inside-out*  
**29-31 May 2020: Fri 18:00-22:00/Sat 10:00-20:00/Sun 9:00-12:00**

**1219-1277€ per couple depending on accommodation type**  
**Includes 2 nights' accommodations & all meals (Friday dinner-Sunday lunch)**

**Limited to 13 couples. You must pre-register by 15 April**

For committed couples in which at least 1 member is a DC, CA, chiropractic student or patient

**THERE ARE CURRENTLY ONLY 6 SPOTS LEFT!!**

*Chiropractors often note that many people take better care of their cars and homes than they do their bodies. By the same token, few people seem to put enough energy and effort into maintaining the health of their intimate relationships...*

*Committed couples thrive when they re-commit to themselves, each other, their love and their relationship every single day. Yes, it takes work...and the Bittmans have been joyfully doing this "work" together for 40 years...*

*Within a safe and sacred circle of like-minded folks, we'll all have the opportunity this weekend to dive deeply into our hearts as couples and as expressions of love*

**Where?** Is Perdas Resort, Località Motti snc, Gergei (SU) 09055, 08030 Gergei CA, Italy

**What?** Friday night: Overview. Setting the circle

Saturday morning: Breathwork as partners. A powerful, positive, safe and sacred experience. Using our own breathing to break through blocks, fears and stuck energy, we're free to discover our own wholeness & love and serve more whole-heartedly

Saturday afternoon and Sunday: Core values as a couple, compassionate communication, tools and exercises to open the heart and dive in together

**Who?** For a bio of the Bittmans and a bunch of testimonials, visit [www.bittmanbliss.com](http://www.bittmanbliss.com)

**More info/register: PM Stew Bittman on FB or email [bittmanbliss@att.net](mailto:bittmanbliss@att.net)**