



Named Best Marriage Retreat in US by Guidedoc

Sedona Soul Adventures

The Sedona Guide to Couples Retreats

*Rekindle the Love and Passion
in Your Relationship ... Rebuild Your
Trust ... and Create a Deep Soul
Connection with Your Beloved*



"Sedona Soul Adventures completely surpassed my expectations and has changed our lives, forever! If you had told me that the connection between my partner and myself could be this deep and spiritual, I would have said it couldn't be done. The depth of our relationship is far beyond anything we expected. We also have the skills to keep that bond, and keep working on our individual journeys."

~ Jim Spangler and Kate Wilford

Are You Ready to Experience the Relationship You've Always Dreamed Of?

If you want more from your relationship, you're not alone. Over the evolution of a relationship, **it's normal to hit periods where you and your partner say "We want more."**

How you reach this point, though, varies.

Some couples already have great relationships. They want to **take their love to a whole new level ... and deepen their connection as soul mates.**

Other couples have **hit a rough patch and want to get their relationship back on course.**

Sometimes **a crisis or major life change is to blame...** such as job loss, serious illness, or the death of a loved one. Other times, it's a **gradual cooling of the fires.** You wake up one day and wonder *"Whatever happened to us? Where did the love and passion go?"*

Still other couples are in crisis. Trust is broken. Respect is gone. They desperately want – even need – their relationship to be different. But books, traditional therapy, seminars, spiritual counseling and couples therapy have gotten them nowhere. Now they're at the point of wondering whether it's time to call it quits...

Can you relate?

Whether you're in crisis, on the verge of splitting up and are willing for one last-ditch effort to save your relationship...

Or you're simply exploring ways to rejuvenate your relationship and intensify your connection...

A private couples retreat can work miracles.

"Sedona Soul Adventures knew we were looking for way more than just a "vacation". We were looking for a spiritual awakening. Little did we know that over the course of a week, both my husband and myself would work with some of the best practitioners in their fields to wake our "inner selves". We didn't return to Virginia just refreshed, we returned "renewed"."

- Bud & Laura Lieberman
Lovettsville, VA

What Does Your Relationship Need to Survive – and Thrive?

Some couples go on retreat together as a form of spiritual and emotional preservation.

They already enjoy a deep connection. They view the individual and joint healing sessions they do on retreat as invaluable tools in keeping their relationship strong and healthy.

Others seek a way to take their relationship to the next level. Their love is solid. They feel supported. But deep down, they feel a whisper asking “Isn’t there more?” They want to experience the exhilaration of discovering a true soul connection.

Others come as a way to rekindle what they’ve lost. They remember the passion and fire of their early years together. Discontent with settling for mere companionship, they’re proactively trying to get their relationship back on course.

Still others come as a last-ditch attempt to save their relationship. A crisis of some form has rocked their relationship to its core, separating them by a chasm of sadness, anger and doubt. If talking, traditional therapy, seminars, books and counseling haven’t help you successfully navigate the rocky rapids you’re facing, a private couples retreat will give you the focused help your relationship needs to survive and thrive.

Unleash the Power and Potential of Your Relationship

For many reasons – from the stresses of modern life, to a lack of good relationships to model, to how relationships are often portrayed in the media – **most marriages and partnerships fall far short of their potential.**

If you think that your relationship can (and should) be so much more ... you’re right!

Your beloved is more than someone who shares your home and bed. More than someone who can help tackle the endless demands of caring for your home and family. More than someone who serves as a dining and travel companion.

Your beloved is your soul’s chosen mate. The person who agreed to walk by your side, have your back, and be your champion. A gift from Spirit, your beloved is the exact perfect person to be your mirror, challenge you to grow, and help you discover the lessons of your lifetime.

The relationship with your beloved is one of the **most precious gifts you’ll receive** in your lifetime. To **unlock the full potential** of your relationship, you must **reestablish your deep spiritual connection with Source – and with each other.**

And there’s no better place to do this important work than Sedona.

“Sedona Soul Adventures gave my husband and me a set of tools to work on a new partnership. As a result of my experience I feel that I can be more honest and kind with myself. In short, I’m much less weighed down with the past, so I feel a new sense of hope and excitement about the future. I also have a better understanding of the need to be more present in the present!”

- Alexandra & John Shively
Orchard, Nebraska



Sedona ... the Perfect Place to Birth Your New Relationship

Sedona is a spiritual Mecca for conscious, heart-centered people seeking to deepen their connection with Spirit, their higher selves, and their soul mates.

The **transformative energy is powerful**, bringing our emotional and spiritual bodies into alignment with the heartbeat of the planet.

The effects aren't readily apparent to the senses. Instead, they play upon the more subtle perceptions of heart and soul. Sedona is a transformation chamber, pulling up and spinning out whatever thoughts and feelings have been stagnating in us. The vibratory rate of everything that enters her great vortex is quickened ... unleashing psychic awareness, emotional release and spiritual unfolding.

Practices like energy work, couples communication sessions, meditation, emotional clearings, breath journeys and core belief transformation benefit your emotional and energetic bodies.

When you do them in Sedona, though, your results are amplified.



“Thanks to Sedona Soul Adventures our visit to Sedona was more than what either of us ever dreamed it would be! Wonderful spiritual practitioners in Sedona (without having to search for those individuals on our own). Thank you for our terrific adventure in and among the red rocks.”

- Jack McKenzie & Glenda Atwater
Bend, Oregon

Why a Group Retreat Is Not the Answer

Couples and marriage retreats are typically built around a group workshop. But being locked into a group schedule and surrounded by other couples doesn't give you the essential private time needed to rekindle your connection.

In addition, many people **don't feel comfortable sharing their innermost thoughts and feelings** in a large group of strangers. This is especially true when the person you are speaking about – your spouse or partner – is in the room with you. Being vulnerable with your beloved can be hard enough; doing it in front of prying eyes is unimaginable. Your protective mechanisms go up. And rather than feeling closer and more connected to your beloved, you can be left feeling closed off, on guard and exposed.

What works better? A blissfully private retreat for just the two of you. With every moment devoted to you and your partner, you'll **get to the heart of what's going on in your relationship.** You'll get the most for your precious time and money.

Enjoy Sacred Time Alone with Your Beloved

A Sedona Soul Adventure is a personalized couples retreat that's all about you and your partner, where your relationship is now ... and what you want to create.

Every moment of your 4- to 5-day retreat will be spent strengthening your relationship – and deepening your connection. You'll have **ample downtime** to relax, reconnect and recharge. Enjoy leisurely meals, take a stroll under the stars, spend hours talking about your dreams for the future – **whatever makes you happy as a couple**.

In the safe, loving cocoon of Sedona's transformational energy, you'll also find it easier to repair any damage your relationship has suffered – whether it's the normal wear-and-tear of a busy life or deep rifts caused by a crisis. Being vulnerable, being compassionately honest, making amends and offering forgiveness – all will come naturally ... and will yield incredible results.

Each day, you'll meet **in private sessions with Sedona's master healers and practitioners**. Each session is carefully selected based on where you and your partner are now ... and what you want to create.

You'll participate in many of these sessions with your partner. But others will be individual sessions where you work with a practitioner one-on-one.



Nurturing You as Individuals to Strengthen You as a Couple

When you entered your relationship, you agreed to be partners. But you're still an individual with your own unique needs, challenges, purpose and passions – and with your own expectations, experiences and emotional baggage.

You and your partner each grew up in different homes and environments. You've experienced different things and suffered different emotional wounds.

These **experiences created filters through which you see and experience the world**. They color your interpretation of events, how you respond to events, and how you relate to others. **Unresolved issues and unhealed emotional wounds** as far back as childhood can **interfere** with your ability to experience the happiness, depth of love, and fulfillment with your partner that you are meant to have.

For example, you might be struggling to express yourself in the relationship, while your beloved is primarily feeling a lack of purpose. Both issues affect how you feel as individuals, and therefore, how you interact as a couple. During your retreat, a practitioner might help you remove emotional blocks that affect your ability to express your truth. Another practitioner might lead your beloved through a process designed to reveal one's life purpose. Reunited, you might have a joint session to work on changing the story of your relationship and how you can better communicate.

That's why your couples retreat **includes both individual and couples sessions**.

To explore which sessions will serve you best, schedule a **complimentary, no-obligation Angel Guide Session** by calling us now toll-free at 1-877-204-3664 (USA & Canada) or [click here](#) and one of our Angel Guides will call you.

If you live outside of the USA or Canada, call 001 928-204-5988 or [click here](#) and we'll call you.

"Our 37 year marriage was in shambles. After connecting with our Angel guide, we both agreed to come. After 5 days we learned valuable tools to help us deal with this awful time in our life and left with a better understanding as to what was going on, and how to deal with it. Thank you Debra and staff for a life changing experience."

- Bill and Shawnee Bowden
Sonora, California

Served by a Network of Advanced Practitioners

With Sedona Soul Adventures, you'll be nurtured, guided and served by master practitioners – Sedona's most advanced spiritual guides, healers, intuitives, body workers and energy workers. We've been carefully cultivating this network of spiritual healers since 1999. They've been called to Sedona to do their sacred work – some from as far away as England, the Netherlands, Germany, South Africa, Australia and, of course, from all across the U.S.

You'll have access to more than 100 different services, including emotional healing work, couples communication, transformational life coaching, bodywork and massage, psychic and intuitive readings, yoga, breathwork, sacred ceremony on the land, energy work, chakra balancing, and more.

But don't worry. You won't have to figure out which sessions to schedule or book appointments. Your Angel Guide will carefully plan which sessions you'll receive and when. And our retreat coordinators will handle every detail, so you're free to focus on your experience and transformation.



What Is an Angel Guide?

An Angel Guide is a highly intuitive and knowledgeable member of our staff who has experienced the work of our practitioners.

In a private heart-to-heart conversation, your Angel Guide will explore what's going on in your relationship, what challenges you may need to overcome, and what you want your relationship to be.

Based on this powerful conversation, your Angel Guide will custom-design your retreat with a series of private sessions – some of which you'll receive as a couple, and others as individuals. Each session builds on the others – and every single one is chosen for its ability to meet you and your partner's deepest soul needs.

The end result? You'll experience the transformations you're looking for – and the **biggest impact** and **best value** for your investment of time, money and energy.

Schedule Your Angel Guide Session Today

To explore whether a Sedona Soul Adventures Couples Retreat is right for you, schedule a complimentary, no-obligation, Angel Guide Session. Just call 1-877-204-3664 or [click here](#) and one of our Angel Guides will call you.

If you live outside of the USA, call 001 928-204-5988 or [click here](#) and we'll call you.

During this private conversation, your Angel Guide will connect with each of you separately to determine which sessions, in which sequence, will best meet your particular needs.

“Our Couples Soul Adventure was a 10+++! From a professional standpoint, mental health, cognitive therapy etc., can only take you so far. These sessions can take you the rest of the way.”

- Vivian and Pete Gutierrez
Miami, Florida

What You Can Expect

The reasons that couples come to Sedona Soul Adventures is as varied as they are. But the results are similar: **A deeper connection between you – and with Spirit.** The joyous recognition of your soul mate. A letting go and healing of old and fresh emotional wounds. A rekindling of your passion for each other, for your soul’s purpose, and for life.

Time is built into each retreat for integrating the transformation you’ll experience. That way, you’ll return to your home and life truly a new person, with new skills and insights to manifest your vision of the ideal relationship.

Past retreat clients report that they’re able to **communicate more openly** and **rebuild the trust** that eroded during years of conflict and disconnection. They’ve healed deep rifts, trust issues and even betrayals that threatened the survival of their relationship. They feel **more united** as a couple and better equipped to raise their children in a **balanced and harmonious environment.** Buoyed by **renewed love, passion and connection,** their conclusion is simple: *“We should have done this a long time ago!”*



Why Couples Rave About Sedona Soul Adventures

“Our 12 year marriage was saved by Sedona Soul Adventures”

“After months of marriage counseling the “D” word was coming up more and more. After our Soul Adventure, our relationship is renewed, passionate, and loving. We are connected more than the day we married back 12 years ago. Our communication is better than ever, and our romance is better than ever. Our marriage is safe, and there is no turning back. Thank you to your entire team of loving and talented individuals for all you do.”

- Frank & Valerie Farmington
Los Angeles, California

“We thoroughly enjoyed our experience with Sedona Soul Adventures and would absolutely recommend that anyone traveling to Sedona seeking renewal go through Sedona Soul Adventures. Without a doubt, you and your team made all the difference in our experience. For someone traveling to Sedona, having the guidance of your team is incredibly invaluable because there are many different “healers, therapists, and guides” in Sedona, at least some of which are, for the lack of a better word, phony (either misguided or intentional, or perhaps a bit of both). All of the practitioners we met with during our adventure were the real deal. Also, the overall experience had a flow and purpose to it that we could never have created on our own (and we are pretty resourceful). We’ll be back!”

- Sharon & Mike Goolsby
Plano, Texas

“My husband and I thank you so much. Our Sedona Soul Adventure was very healing for us. The pain that we have in our broken hearts since we lost our son is indescribable. Your team helped us to deal with our grief and lighten our hearts so we can manage this long journey. We are so thankful to have been able to come to an inner peace with this sad, sad situation. Through all this we do know that the love in our hearts will only grow.”

- Tammy & Bill Kaneski
Beaver, Pennsylvania

“This was probably the most amazing experience we have had in our lives and definitely as a couple. We did not have marriage challenges going into the retreat, but we still came out of the adventure much closer and with a renewed sense of direction. We feel like we are on fire! We are ready to go out into the world and live our lives with joy and purpose! We want to make the most of our human experience and use our close partnership to support each other’s life purposes. Our lives have changed forever because of our Sedona Soul Adventure and **it was just the boost we needed to grow in marriage and in life.** We have a whole new perspective on our lives and we can truly see the endless possibilities now. We both feel so blessed that we were able to experience this adventure together and we will most definitely return to discover even more about our true selves as we travel along this path. Thanks to everyone at Sedona Soul Adventures who made this experience possible. We wish for everyone there to receive love and joy that they have given us.”

- Josh & Jen Barcher
Dillon, Colorado

“I don’t think I could do it in a few sentences...lol, but let me just say this, my partner and I have been on this journey for over a year. We decided to do a different kind of vacation and see what was out there in terms of spiritual retreats, seminars etc. We both found your website at different times in our searching. We eventually looked it over together and made the phone call, thus the leap of faith. It was one of the best experiences we have ever done together. I can honestly say without hesitation we were led by spirit to your company and were incredibly blessed in taking that leap of faith and trusting it would work out. **It was more than we hoped for, more than we bargained for, and more than we could have dreamed of.**

It stretched us both and we will never be the same, and we are so grateful. Grateful for the incredible practitioners we were so blessed to meet, seriously words cannot describe my gratitude to them for sharing their knowledge and love, it touched my heart deeply. Grateful for your vision, Debra, in bringing together such incredibly talented and gifted people who care about this spiritual walk we are all on. Who share it with such life and enthusiasm and who are such wonderful vessels where the energy and love flow through them. I don’t know how one cannot be touched and changed by such an experience. Honestly it was difficult to come back to reality, but I have some homework to do and plan to incorporate the techniques and knowledge gained through my adventure there in Sedona to enrich my life and live more in spirit than before. Thanks so much to all the practitioners and people we met through SSA. Thank you, Debra, for your creative vision, it was an honor to experience it on such a deep and personal level.”

- DeAnn Cain & Ellen Crownover
Soldotna, Alaska

"I went to Soul Adventures really as a last resort, I was facing so many issues and they were all piling up on me, these events were affecting every aspect of my life, being a practitioner myself, I knew this all went much deeper than I could see or even possibly cope with on my own. I had snapped to a point where I don't recall the last 24 hours prior to my call to soul adventures. I made the call in desperation, within an hour I had a call back and an itinerary was in action. The Angel Guide put together the most awesome adventure for me, it was so intense, but like I said I was really at last string. With the help of Soul Adventures, I was able to put all the events into perspective, some that I would have never ever imagined! It has been a few weeks back home and I cannot believe the difference. I am very stable. I am very calm, and my whole family has made a transformation from this experience. Their transformation began before I returned, the whole energy had shifted from the distance. **My husband transformed before my eyes as well, we are now working on a new beginning in our 33 year relationship.** We lost a child in utero 12 years ago. I actually met him in one of my sessions, so that was really the topper! This was the best thing I could have ever done for myself, I am planning another adventure with my husband in a few months. Thank you Soul Adventures"

- Pam Dinkowitz
Action, California

"Sedona Soul Adventures was a truly wonderful experience from every vantage point. It was relaxing, refreshing, all venues were extremely professional and a life remembering experience. At first we thought it would be "too far out there", being a Conservative Christian Catholic, however the experience was 100% opposite — it was "RIGHT ON THE MARK." Rena and I will highly recommend Sedona Soul Adventures to whomever wants to experience a relaxing beautiful time and learn more about life itself from a place or position affording a good view of something different."

- Rena & Mark Norcross
High Point, North Carolina

"Sedona Soul Adventures came along at just the right time for my wife and I. We had tried traditional counseling in the past but failed to really make headway on any of our issues. Soul Adventures comes at relationships from several angles and they really made a difference in the way we view ourselves, our needs and our relationship. It not only provided solid guidance on our main issues but also brought us a sense of purpose."

- Kent & Ida McDonald
Shreveport, Louisiana

Your New Relationship Is Waiting

Investing in a couples retreat may feel indulgent – even selfish.

But after serving hundreds of couples since 2002, we can assure you: **A private couples retreat is one of the best investments you'll ever make** (especially if you're facing the potential of a traumatic and costly divorce).

When faced with relationship troubles, many people think a **vacation is the solution**. They may have fun. They may relax. But when they return home, **their troubles are waiting** ... and their relationship falls back into the same negative patterns.

Other people turn to **therapy and couples counseling**. But after months (and even years) of professional help – and spending thousands of dollars – **they're often still struggling, dissatisfied and in conflict**.

Still others, especially those whose relationship is in deep crisis, feel forced to choose between two unbearable extremes: Stay in a **damaged** relationship that makes them **miserable** ... or **walk away**.

The powerful healing nature of the work you'll do as individuals and as a couple, as well as the focused, one-on-one attention you'll receive from our master practitioners, deliver an experience you can't get anywhere else. **Your relationship will be unrecognizable once your Sedona Soul Adventure is complete** ... like a phoenix rising from the ashes.

An Experience That's Truly Priceless

You can't put a price on the value of cultivating a deeper soul connection with your beloved. But if your relationship has been rocked by a crisis or is on the brink of ending, we can tell you this: **Investing in a private couples retreat to save your relationship is certainly cheaper than the alternative.** (*Using statistics from the 2006 US Census Bureau, divorce360.com tallied up the full scope of costs in a typical divorce and came to a mind-blowing average total of about \$53,000!*). Not to mention the emotional and psychological costs.

Are you ready to start having the relationship you've always imagined? Schedule your Angel Guide Session today [click here](#) and we'll call you.

"Our Couple's Soul Adventure was a unique and spirit-filled experience that showed us how to achieve inner peace and a relaxed, grateful attitude. There truly is a place in your heart where you can become and evolve into a being of spirit and peace. Everything about our Soul Adventure was beneficial and exciting."

- Kim & Rick Price
Surprise, Arizona

Will You Give Your Relationship What It Needs?

The relationship with your beloved is the **bedrock of your life and family**. It deserves your attention. It deserves nurturing.

And if you're completely honest with yourself right now, you know that **it needs a change**.

No matter what challenges you're facing, it IS possible to swing the pendulum of your relationship back to where it used to be.

If you're ready to get past the **hurt and betrayal**, **renew your love** and **rebuild trust**...

If you're ready to create a **sense of unity** and **oneness with your partner**...

If you're ready to **communicate openly** and **reveal your true self** to your beloved...

Give yourself the gift of a Sedona Soul Adventure now. ***If you knew what could happen, you'd be calling right now!***

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"Sedona Soul Adventures allows you to venture out to discover the inner you without any worries. My husband and I have found the connection that was missing for a true soul partner experience."

- Sally & Jack Schlesinger
Munster, Indiana

"Best Marriage Counseling Retreat in the United States"

GuideDoc named Sedona Soul Adventures to its list of "8 Best Marriage Counseling Retreats in the U.S." The reason? Sedona Soul Adventures offers "One of the top marriage retreats in the US. This is one of the few marriage retreats that does not focus on group counseling and instead recognizes that no two couples are alike and their retreats shouldn't be either."

The secret to our success is that we spend a lot of time speaking with you and your partner before you come to Sedona, to really get an idea of what's going on, what's happening, and what you want to have happen. Then we custom design a retreat for your particular needs.

Some clients are in real crisis, and we're proud to say we've saved a lot of marriages. Some people have a good relationship but want to take it to the next level. And some people want to bring back that sizzle and spark that brought them together in the first place.

Regardless of where you are, we promise – falling in love all over again is really delicious. See for yourself – book your Angel Guide Session today.

“Felicia and I came to Sedona Soul Adventures knowing this experience would change our lives. We are both amazed at how much we have grown spiritually from the experience and how much has been revealed to us about ourselves by these wonderful people. Our lives are now on a higher plateau.”

- Will & Felicia Grant
Cary, North Carolina

Our Mission



Since 2002, Sedona Soul Adventures has been creating powerful, life-changing retreats to help couples create stronger, more fulfilling, and spiritually richer relationships.

Our founder, Debra Stangl, was a divorce attorney for over 20 years in Omaha, Nebraska. After coming to Sedona for the first time in 1999, she had a spiritual re-awakening and knew she had to change her life. She closed her law practice and then spent the next 3 years coming to Sedona and experiencing the amazing practitioners here. After moving to Sedona in 2001, she developed what would become the Proven Process that is used in the customized, private retreats for individuals and couples in Sedona Soul Adventures.

The two-part secret to creating the **relationship of your dreams** is to first build a **stronger connection** with Source – and then to strengthen the **spiritual connection** between you and your beloved.

Most of the challenges and difficulties we experience in our relationships stem from our own **misunderstanding of our true nature ... and why we're here**. We've forgotten or lost sight of the spiritual connection that gives our lives meaning, purpose and clear direction.

Sedona Soul Adventures helps you rediscover and re-experience your spiritual connection and essential spiritual nature. In the process, you'll gain clarity about your soul's purpose, revel in the recognition of your beloved as your soul's chosen mate, and enjoy a renewed confidence in your ability to consciously create the life – and relationship – of your dreams.

“Sedona Soul Adventures was truly a life-changing experience. **My wife and I found a renewed depth of intimacy and connection during our sessions.** We grew in ways that we weren’t even aware were possible, and that have forever changed us individually and as a couple. The staff at Sedona Soul Adventures went out of their way to make our visit as comfortable as possible and their attention to detail was impressive from the beginning. Thanks to their professionalism, we just had to show up and do our work with the individual practitioners, knowing that all the other details had been taken care of for us. All of the individual practitioners were extremely professional, yet warm and welcoming to us. They all went beyond the call to make our sessions meaningful and productive. It was an intense three days, but looking back on it, Sedona Soul Adventures knew exactly what we needed and we are grateful for the blessing of our experience with them.”

- Scott & Shelley Jessup
Hurst, Texas

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