

The Dance of Marriage

Two Becoming One

Couples' dancing or more commonly referred to as ballroom dancing has been used as a metaphor for the marriage relationship for decades. The picture of two people dancing together perfectly synchronized is a thing of beauty to behold. However, a marriage relationship moving in synchronized intimacy is still more spectacular and has an even greater impact on the observer.

"*The Dance of Marriage; Two Becoming One*" is a workshop that will use ballroom dance instruction as a vehicle to enrich relationships. Each session will use a simple and easy to understand teaching method to bring together or "marry" dancing with learning to have a thriving and more fulfilling partnership. This "hands-on" method will increase the participating couple's awareness and ability to apply these relationship insights.

Lesson Subject Matter

- Lesson 1- Adaptation
- Lesson 2- Foundation and Communication
- Lesson 3- Building Trust
- Lesson 4- Cooperation and Conflict Management
- Lesson 5- Leading and Following
- Lesson 6- Giving and Investing Emotionally
- Lesson 7- Intimacy
- Lesson 8- Vision for the future

These important attributes will be given a new perspective through dances like Waltz, Swing, Foxtrot and Rumba. You'll be laughing together as you share mutual 'Aha' moments, and everyone agrees that learning is far better when accompanied by laughter.

The creators and facilitators of this unique program, Stuart and Tracy Palmer, have been married for 20 years, dancing and teaching for 24 years, and have invested over ten years supporting married couples through a variety of methods and materials.



Couples enjoying dance



Tracy and Stuart Palmer

If you are looking for a new and fun way to develop your relationship, the "Dance of Marriage" series will help you move more gracefully together.

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Learn more about the Palmer's

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