

## 2012 Conference Registration!

Share the news!! Tell your friends!!

Did you know that most of our attendees have heard about the conference from someone else who loved it? That's a great indicator of how awesome the conference is! So tell someone how amazing your experience was and get a chance to win a free conference registration for next year. The odds of winning are really good!

Is your spouse undecided about attending? Why not surprise them with a Valentine's gift to the Banff Couples Conference. If you haven't registered yet, the registration fee is \$250. Register online [here](#) or print the [registration form](#) and mail it in along with your payment.

You may also want to take advantage of the Banff Couples Conference preferred group rate at the Chateau Lake Louise for up to three days before and/or after the conference for some additional romance! Why not invest a bit more in your relationship by extending your stay and taking advantage of the inspiring location and facility?

For more information about the conference, send us an email at [info@banffcouplesconference.com](mailto:info@banffcouplesconference.com)

Elsie & Vic Harder  
2012 Conference Registration Couple

## Volunteering... and your Health!

Did you know that the Banff Couples Conference has run entirely by volunteers, for the past 44 years? That's quite an accomplishment!!

Did you know that there are health benefits to volunteering? In "The Healing Power of Doing Good", writer Allan Luks, found medical and scientific documentation supporting the health benefits of volunteering, such as:

- A heightened sense of well-being,
- A more optimistic outlook,
- Increased energy,
- An improvement in insomnia,
- A stronger immune system, and even
- Speedier recovery from surgery.

In his book, Mr. Luks analyzed the experiences of volunteers. Most volunteers reported they had a physical and emotional sensation of euphoria that lasted for days or even weeks, which he termed "helper's high". Mr. Luks also found the sensation returned when the "act of good" was remembered. The more you volunteer and do things for others, the more benefits you receive.

In our next newsletter, we'll outline some of the volunteer opportunities available from a project basis to a three year commitment. **BCC volunteers are vital to our organization! Everyone who attends the Conference, benefits from their accomplishments!**

*"Couples spoke positively about past facilitators that had taken them deep into conversation on the first night of the conference."*

## ***From the Presenters... Joel and Kate Feldman!***

In the last couple of newsletters we've shared who we are; we've shared about what we'll present at the conference weekend; now here's a recipe for intimacy – any form in which you'd like to engage. It could be a non-verbal moment of silence, a long conversation, a walk in the woods, a sexual encounter or a shared meal. Enjoy....

**Take a deep breath.**

**Relax your body.**

**Slow WAY down.**

**Get more present to your moment-to-moment experience**

**Enjoy every pleasant sensation and try not to resist any unpleasant ones.**

**Staying with the moment, let go of future expectations or outcomes.**

**Become more aware of your own needs and fears.**

**Maintain a loving connection with your partner; look, laugh, share and**

**Let your experience together unfold, delicious moment by delicious moment.**

**Communicate your wishes clearly and lovingly.**

**Ask for what you want without demanding that you get it.**

**Receive fully what you get and let go of what you don't.**

**Feel all of your feelings without making them your partner's fault.**

**Give to your partner in the way that pleases them, even if it's different from what you like.**

**Acknowledge and appreciate all that your partner does and all that they are.**

**Work on staying relaxed,**

**And if you get tense consider how you've helped create that tension.**

**Move from pleasurable moment to pleasurable moment.**

**Let go of agendas and outcomes. Give freely without expectation.**

**Pay attention to the "little things" that create connection.**

**Honor your partner's world (hopes & fears) as much as you honor your own.**

## **Hotel Reminder!**

Hello Everyone! The conference is fast approaching and we'd like to give you a final reminder to book your hotel room if you have not already done so. Please do this **before February 9, 2012** in order to qualify for the group rate. To book your room, call the hotel directly and mention you are with the Banff Couples Conference March 9-11, 2012. Take advantage of the 3 days pre or post conference reduced rates and enjoy a little more time together! Pricing information is on the BCC website under Hotel Info.

### President's Club

The Chateau Lake Louise is part of the Fairmont Hotels and Resorts and by becoming a member of the President's Club you are able to get complimentary internet and local calls. It's free to join and you can sign up on their website [www.fairmont.com](http://www.fairmont.com). Best to do it before you arrive.

Dave & Lori Thomas  
2012 Conference Housing Couple

***"The culture is intriguing. It's a place where you can talk about your personal lives/relationships and do so in a positive way. It feels a little like a family reunion."***