

# Health & Wellness in the Bedroom

Dr. Deborah Taj Anapol with Armand and Angelina

March 11-14, 2010 in Sandys, Bermuda



Join Dr. Deborah Taj Anapol at Cambridge Beaches Resort and Spa to for a four day weekend seminar designed to deepen the intimacy you experience with your partner by:

- Becoming more aware of your own inner experience and learning how to be more present with your partner in and out of the bedroom.
- Keeping romance and your sex life alive and satisfying by releasing old patterns and automatic behaviors which are not in harmony with your heartfelt desires.
- Growing beyond conditioned gender roles and family models which have been passed down for generations but are not contributing to your happiness.
- Sharing sexercises that help you tone your love muscles and endocrine glands. Learning how lovemaking can be a tool for rejuvenation and increasing physical and emotional vitality at every stage of life.

This luxurious setting on a 30 acre peninsula at the western end of Bermuda, looking out over Long Bay Beach and the Atlantic Ocean on one side and picturesque Mangrove Bay on the other features cottage style rooms and suites, and is surrounded by private beaches and coves, perfect for sun-bathing, swimming, snorkeling, & boating.

**Cost:** \$425/couple as an add-on to normal room rates which start at \$305/couple per night and include breakfast. The package includes exercise classes, welcome reception, access to all facilities, 50% discount on couples massage, 20% discount on spa treatments, and 50% discount on room rates after 1<sup>st</sup> three nights. Meal plans also available.

For more information on the seminar email [taj@lovewithoutlimits.com](mailto:taj@lovewithoutlimits.com) or phone at 415-507-1739

To register call 800-468-7300 or 441-234-0331 or Email: [res@cambeach.bm](mailto:res@cambeach.bm)



Deborah Taj Anapol, Ph.D. in Clinical Psychology is the author of *The Seven Natural Laws of Love* and *Love Without Limits*, sex and relationships wellness coach and has led seminars internationally on conscious relating, tantra yoga, and sexual healing for over two decades. Co-led and with live music by special guests **Armand & Angelina** [www.armandandangelina.com](http://www.armandandangelina.com), musical ministers, recording artists, and intimacy experts.