

PLACENCIA, BELIZE

MAY 2020



Shannon Ethridge, M.A.



Dr. David Lawson



Dr. Charlie Myers

We are absolutely delighted that you are considering joining us for the **Sexually Confident Couple Workshop** in 2020 at the Naia Resort & Spa in Placencia, Belize! It's truly going to be an "un-Belize-able" experience!

Here are answers to basic questions...

### **WHEN IS THE WORKSHOP?**

**Option 1 -- May 24-27, 2020**      **Option 2 -- May 27-30, 2020**

Workshop begins at 4 p.m. on Day 1 and concludes at 11 a.m. on Day 4.

### **WHAT IS THE LOCATION LIKE?**

The Naia Resort & Spa encompasses 19 acres of secluded beachfront and lush landscapes within the private 200-acre Cocoplum Community on Belize's Placencia Peninsula. The property extends along nearly a mile of palm-studded beach where 35 beautifully appointed beach houses envelop guests in casual residential-style luxury.

At the heart of the resort lays Naia Spa, so named to reflect the free-spirited nature of the resort and the ever-present connection between land and water. This breathtaking retreat is spread over a collection of small islands dotting an enchanting freshwater lagoon where skilled and experienced therapists work their restorative magic. The spa also features a fully equipped fitness center, plus a yoga and movement studio that overlooks a tranquil lagoon.

Three inviting restaurants encourage you to savor an authentic taste of Belize with seasonally influenced menus and specialty drinks. Explore the beauty of the peninsula with kayaks and paddle boards, enjoy a refreshing swim in the saltwater pool, or journey further afield to explore one of the many cultural, land, or sea tours.

### **CAN WE SEE PICTURES OF THE RESORT?**

Absolutely! Go to [www.naiaresortandspa.com](http://www.naiaresortandspa.com) and be blown away!



## HOW DO WE GET THERE?

Step 1: Fly into Belize City, Belize (at your own expense)

Step 2: Take a short propeller flight OR shuttle ride to Placencia (your expense)

Step 3: You'll be escorted from Placencia Airport to Naia Resort & Spa (included)

More detailed travel information will be provided upon acceptance, and Dr. David Lawson will be available via email for questions & tour suggestions.

## WHAT CAN WE DO at NAIA?

- \* Bike Riding (free rentals)
- \* Kayaking (free rentals)
- \* Paddle Boarding (free rentals)
- \* Snorkeling (free rentals)
- \* Swimming (amazing pools!)
- \* Spa Treatments (fee-based)
- \* Lounging / Sunbathing
- \* Beach Combing

## WHAT CAN WE DO in PLACENCIA?

- \* Waterfall Viewing
- \* Chocolate or Spice Farm Tours
- \* Scuba Diving
- \* Cave Exploration
- \* Zip-Lining
- \* Snorkeling
- \* Deep Sea Fishing
- \* River Tubing

## WHAT WILL THE SCHEDULE BE LIKE?

We will start at 4 p.m. on the first day with an orientation tour and fun group ice-breakers on the beach, followed by dinner and Main Session #1 together.

### Days 2 & 3:

Breakfast buffet at your leisure

8 a.m. – Couples Yoga / Couples Massage (optional)

9 a.m. – Main Session #2 & #4

12 p.m. – Lunch

\*\*\* Free Time \*\*\*

6 p.m. – Dinner

7 p.m. – Main Session #3 & #5

9 p.m. – Moonlight Stroll on the Beach

9:30 p.m. – Erotic Stories Around the Campfire (optional)

#### Day 4:

Breakfast buffet at your leisure

Pack up & vacate room

9:30 – 11:30 a.m. – Main Session #6

Noon - Lunch

Shuttle rides to Placencia Airport at your leisure

#### **WHAT IS THE COST?**

Early-bird Special - **\$3,297** (until September 1, 2019)

Night-owl Special - **\$3,497** (after September 1, 2019)

Last-minute Price - **\$3,697** (after April 1, 2020 -- IF any space remains!)

#### **WHAT IS INCLUDED IN THE PRICE?**

- \* All Sessions and Workshop Offerings
- \* Accommodations for 3 nights in Ocean View or Ocean Front Studio
- \* On-site Meals (3 breakfasts, 3 lunches, and 3 dinners)
- \* Shuttle transfers to other restaurants if preferred
- \* Airport transfer to and from Placencia airstrip
- \* Beach BBQ with bonfire and Garifuna drummers/ dancers
- \* Unlimited use of yoga studio
- \* Complimentary use of Kayaks, Bicycles, Paddleboards and Snorkel gear
- \* Complimentary Wi-Fi
- \* Welcome Drink

#### **WHAT IF WE WANT TO STAY LONGER?**

Because this is a highly acclaimed “boutique resort” with very limited space (35 beach houses total), we’ve booked ALL rooms available for our participants while each of the workshops are in session. Therefore, if you want to spend a few extra days at the Naia Resort & Spa, please plan to do so PRIOR to May 24 (for those attending May 24-27), or AFTER May 30 (for those attending May 27-30) if possible. If your available dates for staying additional nights MUST coincide with our other session, we will put you on a wait list and let you know after April 1, 2020 if any beach house reservations can be made available to you. Again, Dr. David Lawson will help via email with any such planning if needed.

Your NEXT STEP is to visit [www.shannonethridge.com/workshops](http://www.shannonethridge.com/workshops), scroll down to the Sexually Confident Couple Workshop section, and complete the application form. We'll respond within 72 hours with an official Confirmation Packet.

Let us know if you have any questions at all by emailing [shannon@shannonethridge.com](mailto:shannon@shannonethridge.com) or [david@renew-church.org](mailto:david@renew-church.org).

Let's pray for a life-changing four days together in Belize!

Warmly,

*Shannon, David & Charlie*

## MEET YOUR “UN-BELIZE-ABLE” WORKSHOP LEADERS...

### SHANNON ETHRIDGE, M.A.

Shannon holds a Master’s degree in Counseling & Human Relationships, and is author of 22 books including the million-copy best-selling *Every Woman’s Battle* series, *The Sexually Confident Wife*, and *The Fantasy Fallacy*. For over 25 years, she’s been speaking internationally to audiences of all ages about living with sexual integrity and enjoying the many benefits of healthy sexual intimacy. Shannon has been featured on various interdenominational platforms including the *Women of Faith* tour, and has been interviewed on numerous radio and television shows such as MSNBC’s *The Today Show*, *New Life Live*, and *The 700 Club*. Since 2012, she’s hosted 37 of her Women at the Well 4-day Intensive Workshops, where she has *learned* as much from her clients as she has taught. Shannon resides in Richmond, KY with her husband, Charlie, and is looking forward to a second honeymoon-type of experience in Belize, and inspiring other couples to enjoy the same no matter how long they’ve been married!

### DAVID LAWSON, Psy.D.

David holds a Doctorate in Clinical Psychology, and is Professor of Psychology and Counseling as well as the Director of the Psychology and Counselor Education Programs at Palm Beach Atlantic University, Orlando campus. He has been teaching Human Sexuality for 25 years, and has spoken on the subject throughout Europe, Asia and across the United States. David has written books and articles covering issues of interest related to families and family therapy, sexuality, and the integration of faith and science. He is especially proud of his recent publications: *Games Christians Play*, and *Lay Counselor Training*. David has spoken at numerous family conferences and was hired by the Department of Defense to provide marriage enrichment training for military personnel and their families. Dr. Lawson is also the pastor of Renew Church, where he emphasizes building healthy, non-shaming relationships. He is married to Amy Lawson, and they live in Orlando, FL with their four children. An avid world traveler, he is looking most forward to introducing everyone to this little gem of a resort he stumbled upon while frequenting the pristine beaches of Belize!

### CHARLIE MYERS, Ph.D., L.P.C.C.

Charlie holds a Ph.D. in Counseling and is Program Coordinator at Eastern Kentucky University, as well as Professor of Counseling Education and Human Sexuality. He is an international presenter and author/editor of over 50 publications and videos, and has been published in numerous journals such as *International Journal of Play Therapy* and *Journal of Music Therapy*. Charlie finds great joy in working with children and adults of all ages, and his specialties include using expressive arts and experiential interventions to help clients process grief and trauma in the healthiest, most life-giving ways possible. He resides in Richmond, KY with his wife (Shannon) and his two trained therapy dogs, Gracie and Polly. When he is not in the classroom or counseling office, you will find him hiking trails and snapping photographs of nature, which he refers to as “eco-therapy.” He’s looking forward to leading some adventure-based trust-building exercises on the beach and taking LOTS of great pictures of our time together in Belize!