

Lake Junaluska to offer Marriage Enrichment Retreats

LAKE JUNALUSKA, N.C. — Beginning this fall, Lake Junaluska will offer three-day marriage enrichment retreats.

The faith-based retreats will teach couples how to forge stronger relationships through meaningful conversation. Ned Martin, an expert in marriage counseling, will lead the retreats.

“There is real value in taking time, going on retreat, having no distractions and being able to focus solely on that person to whom you’ve committed your life,” said Martin, who has both a Master of Divinity and a Master of Arts in Counseling. “You can open up to them and receive them in a way that’s so hard to do in the day-to-day hustle and bustle of life.”

By using emotionally focused therapy for couples, Martin will explain the psychology of successful relationships and guide couples through a series of conversations designed to help them connect.

According to Martin, not only will couples experiencing marital stress learn from the retreats, but couples who are stable but seeking to strengthen their bond will also benefit.

Currently, four different sessions are available, starting in September 2018 with the last scheduled retreat in September 2019. Couples will receive lodging, meals, counseling sessions and plenty of peace and quiet to reconnect with each, surrounded by the beauty of the Appalachian Mountains at Lake Junaluska.

“Our setting provides a perfect place to step away from the busy-ness of life and focus on strengthening relationships with loved ones,” said Mitzi Johnson, Lake Junaluska director of programming. “Our staff take care of all the little things so that couples can spend their energy learning to communicate well.”

Pricing for each couple combined is \$699, including two nights of lodging, access to Lake Junaluska recreation and five meals. Registration and more information is available at www.lakejunaluska.com/marriage or by calling 800-222-4930.

Lake Junaluska is a place of Christian hospitality where lives are transformed through renewal of soul, mind and body. For more information about Lake Junaluska programs and events, visit www.lakejunaluska.com.

Retreat Dates

- September 30 - October 2, 2018
- March 10-12, 2019
- August 18-20, 2019
- September 29 - October 1, 2019