



The London Intercultural Couples Centre

21st century life skills for world families

WELCOME TO OUR

Weekend Retreat for intercultural couples and relationships

The Retreat offers you a unique opportunity to give your relationship the attention and space it needs.

In an idyllic setting of a country estate hotel and run by a group of expert therapists, the retreat will focus on teaching you new ways to think and to behave so that you feel renewed in your relationship.



Who is this retreat for?

If you define your relationship as intercultural, this retreat is for you!

We are defining 'intercultural' very broadly - referring to interracial, interfaith, intercultural, political, class and other differences.

We are also defining relationships very broadly - this covers a gamut of cohabiting, commuting, romantic and parenting relationships. We hope to include heterosexual, same sex and polyamorous relationship formations.

12TH - 14TH SEPTEMBER 2025, ASHFORD, KENT, UK



Want to know more?



The Intercultural Retreat

OUR VISION

You will focus, together, on what you need for your individual relationship, and you'll be guided in doing so by expert couples and group psychotherapists, who will explore with you new ways of being and engaging as a relationship.

PRICING AND BOOKING INFO

Full Retreat pass: **£2400 per couple**

Daytime pass: **£750 per couple**

The deadline to submit your interest is **15th July 2025**.

Our Personal Guarantee

For continued support after the retreat, we offer different packages to ensure you continue to work towards your relationship goals.

Could I attend if I don't live with or am separated/divorced from my partner?

Our retreat is open to parents who may not be in a romantic relationship but who are concerned about the impact that their differences have on their parenting.

PROGRAMME HIGHLIGHTS

Guided workshops based on clinical research and theory by renowned therapists.

Stay at the Luxury Manor Estate + Gourmet Meals + Spa Access

A programme can be attended as a single day event or as a two-day event that includes overnight stay at the hotel

PLEASE REACH OUT TO EXPRESS YOUR INTEREST OR FOR FURTHER INFORMATION PLEASE EMAIL: REENEESINGH.PRACTICE@GMAIL.COM

The Intercultural Retreat

PROGRAMME

Day 1: Reconnection, intimacy & love

Morning

- 09:00 – 10:00 | Welcome Circle

Get to know each other, meet your facilitators, and co-create a safe, respectful space for the weekend.

- 10:00 – 11:15 | Talk: Intercultural Love & Relationship Styles
- 11:15 – 11:30 | Break
- 11:30 – 12:00 | Q&A / Reflection Time

Afternoon

- 12:00 – 13:00 | Lunch
- 13:30 – 14:30 | Group Work

Interactive session drawing on the morning talk—sharing and reflecting.

- 14:30 – 15:00 | Break / Walk
- 15:00 – 18:00 | Individual Couples Therapy Sessions (Parallel Slots)

Evening

- 19:00 | Dinner

Couples are invited to share music, food rituals, or stories from their backgrounds.

Day 2: Communication, connection & intercultural parenting

Morning

- 09:00 – 10:00 | Group Warm-Up Activity
- 10:00 – 11:15 | Talk: Communication Tools for Intercultural Couples and Parents
- 11:15 – 11:30 | Break
- 11:30 – 12:00 | Discussion / Partner Reflection

Afternoon

- 12:00 – 13:00 | Lunch
- 13:30 – 14:30 | Group Work: Practicing New Tools
- 14:30 – 15:00 | Break / Reflection Time
- 15:00 – 18:00 | Individual Couples Therapy Sessions (Round 2)

Evening

- 18:00 – 18:30 | Closing Reflections and goodbyes.
- 18:30 | Departure