

COUPLES STRETCH™ BY CARLES BROWN

Reconnect • Restore • Recharge



[Reserve your spot](#)

A Blue Diamond Experience

Experience Connection Like Never Before



Join Couples Stretch by Carles Brown™ — an intimate, two-hour journey that blends mindful movement, intentional stretches, breathwork, and partnership to deepen trust, intimacy, and presence.

This two-hour experience unfolds in a softly lit, warm studio designed to invite calm, comfort, and connection. Partners flow through gentle stretch sequences and mindful movement, synchronizing breath and energy while being guided by Carles' signature approach that blends fitness, mindfulness, and partnership.

Each session concludes with the Diamond Cool-Down Ritual™, where couples are guided into deep relaxation allowing the body to absorb calm and the mind to soften.

The Experience

Set in the tranquil ambiance of Blue Diamond Fitness, this experience welcomes all couples and all love stories to reconnect, restore, and recharge



What to Expect

This two-hour experience takes place in a softly lit, warm studio setting designed to invite calm and connection.

Step into an evening that helps you slow down, breathe, and reconnect not just with your partner, but with yourself. Each moment is guided with purpose balancing emotion, mindfulness, and movement.



Intention of Couples Stretch by Carles Brown™



To create a safe, soulful space for two people — whether romantic partners or connected souls — to slow down, breathe, and move together with intention. Through mindful movement, intentional stretches, and guided connection, each pair learns to communicate through energy, trust, and presence.

This experience is not just about flexibility — it's about rediscovering alignment, emotionally and physically, in an atmosphere that encourages calm, balance, and unity.

Who It's For

This experience is for any two people who share a connection. Whether you're romantic partners, close friends, spouses, or soul connections — this evening is for those who want to slow down and reconnect through movement, mindfulness, and trust.

It's for those seeking:

A deeper sense of presence with someone they care about

A way to release stress while moving together in harmony

A peaceful space to restore balance and energy

All love stories and all forms of connection are welcome.



Your Couples Stretch™ Evening



EVENT DETAILS

Experience: Couples Stretch™ by Carles Brown

Location: Blue Diamond Fitness

710 NW 5th Ave Suite 1000, Fort Lauderdale, FL 33311

Set in the tranquil ambiance of Blue Diamond Fitness, every detail of this evening is designed to help you relax, reconnect, and restore.

Before You Arrive:

Please arrive 10–15 minutes early to settle in and enjoy the atmosphere.

Bring four yoga blocks per couple and one large mat per couple.

Dress comfortably in light, stretch-friendly attire.

The studio will be gently warmed to around 75°F for optimal relaxation and flexibility.

Investment: \$150 per couple

Spaces are limited for this intimate experience.

Upcoming Dates: Couples Stretch™ Series

November 14, 2025

6:30PM-9:00 PM

Reserve Your Spot

Space is limited to preserve the intimate atmosphere.

Reserve early to ensure availability.

Tickets: Available via link in bio or at Blue Diamond Fitness website.

Once purchased, tickets are non-transferable and non-refundable.

FAQ

- **Do we have to be in a romantic relationship to attend?** Not at all! This experience is open to all couples and connections — whether romantic partners, close friends, or anyone sharing mutual trust and energy. The focus is on connection, communication, and movement together.
- **Is the event held indoors or outdoors?** Indoors — a cozy, comfortable environment no matter the weather.
- **What should we wear?** Comfortable, flexible clothing is best. Think relaxed, coordinated, and ready to move together.
- **Is pre-registration required?** Yes, spaces are limited. Please register early using the link in our bio. [Tickets](#)
- **What should we bring?** Please bring four yoga blocks per couple and one large mat per couple, along with water, a towel, and positive energy. We'll provide everything else to make the evening special.
- **Do you offer private sessions or special events?** Yes — for private or group sessions email: admin@bluediamondfitness.info
- **What is your refund policy?** [Tickets](#) are non-transferable and cannot be exchanged for another service or refunded. All ticket sales are final.
- **What happens during the session?** Guided partner poses and mindful stretches designed to build connection. A playful, laughter-filled experience.
- **How long is the event?** The event runs 2.5 hours, giving you time to unwind, connect, and enjoy the experience.
- **How can I purchase tickets?** Through our website or the link in our social bio. [Tickets](#)
- **What is the age requirement to attend?** 21
- **Do you sell gift cards?** Yes - perfect for couples seeking a fun and intimate experience.
- **Still have questions?** Email: admin@bluediamondfitness.info

About Carles

Carles Brown is a fitness professional with over 28 years of experience in the health and wellness industry. Founder of Blue Diamond Fitness, she has built a community rooted in empowerment, purpose, and connection — blending physical movement with emotional and spiritual balance. With Couples Stretch by Carles Brown™, she merges her passion for fitness and holistic well-being to help people reconnect — not just to each other but to themselves.

**“Love is the rhythm that moves through every stretch,
every breath, every heartbeat.”
— Carles Brown**



Contact Us



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FACEBOOK

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INSTAGRAM

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