



Side by Side Retreat for Couples Aging Together in Spirit
February 18-20, 2025
Villa Maria De Mar
Santa Cruz, California

Love begins at home.

Based on the true soul stories collected in *Side by Side: the Sacred Art of Couples Aging with Wisdom & Love*, this retreat is designed for all couples interested in enriching their relationships, regardless of sexual orientation or gender identity, living into the autumn/winter of their lives. Not to be confused with therapy, in this retreat we will address the realities and opportunities couples encounter with the physical, emotional, and spiritual demands of aging. “How do we manage the dance between “me and we?” How do we make the most of our time left together? How do we ‘welcome the stranger’ in one another?” “How can we live our relationship as a “sacred art,” embodying our spiritual values and practices like mindfulness, compassion, humility, deep listening, and devotion, close to home?” are the questions animating this program.

In cooperation with Lafayette Christian Church, we will gather at Villa Maria Del Mar, a beautiful retreat center facing the Pacific Ocean in Santa Cruz, California. The time will be rich with opportunities for dialogue, discernment, solitude, and breaking bread with other couples. Participants share stories, view interview clips, and gather in small groups using the Circle of Trust© process.

After the retreat, you will be invited to join an optional “**Side by Side Soup & Story Club**” to meet in small groups for six sessions (more or less) to share a potluck supper and continue discussing the stories in *Side by Side* in the privacy of your homes. We hope you can join us!

Information & Details

Event time: Tuesday., February 18th, 4:00 p.m.-Thursday, February 20th, 1:00 p.m.

Location: Villa Maria Del Mar, 21918 East Cliff Drive, Santa Cruz, California 95062

Cost per person:

Room & Board: \$310.00 (double occupancy) \$400.00 single room

Commuter Rate: \$180.00

Program Fee: \$350.00

Total: \$660.00 per person double occupancy (\$1,320 per couple)

Commuter Rate: \$530.00 commuter rate (\$1,060 per couple)

Single Room Rate: \$750 (\$1,500)

Meals: Coffee, tea, snacks, and all meals are included

What to bring: A journal, and comfortable clothing and shoes

Deadline for Registration: January 20th, 2025 (Partial scholarships available upon request)

Participation is limited, so please register as soon as you can.

Cancellation policy: The retreat center bills for the reserved rooms regardless of attendance; full refunds for room and board will be based on our ability to fill your place.

For more information, contact the retreat leaders at carylcasbon@gmail.com or jaycasbon@icloud.com



About the facilitators:

Caryl & Jay Casbon met when working at Lewis & Clark College in 1995. Caryl devotes her time to writing, spiritual direction, and retreat work. After a career in higher education, Jay now focuses on researching men's studies, investing, and history. The Casbons live in Santa Barbara, California. Visit their website: sidebysideaging.com

What others have said about *Side by Side* retreats:

I so admire your courage and encouragement to touch what is real, even if unsettled or painful. There are so few opportunities for us to give our relationship the loving care it deserves. You gave us many opportunities to have deep conversations. Thank you.

I will say that while my partner and I enjoyed reading the book aloud together and benefitted immensely from it, there was no comparison between the power of the in-person retreat with the times for individual reflection and writing, sharing between couples, and whole group sessions with videos. A night light (invaluable in the dark, just to say) for our relationship.

**Registration for Side by Side Retreat
February 18-20, 2025**

Deadline to Register: January 20, 2025

Mail your registration form to:

**Lafayette Christian Church
584 Glenside Drive
Lafayette, CA 94549
Attn. Diana Silva**

Please fill in the following information:

Names

1. _____ email: _____

Phone: _____

2. _____ email: _____

Phone: _____

Address: _____

State _____ **Country** _____ **Zip Code** _____

Event time: Tuesday., February 18th, 4:00 p.m.-Thursday, February 20th, 1:00 p.m.

Cost per person:

Please check your lodging choices:

_____ Room & Board: \$310.00 (double occupancy)

_____ Single Room per person: \$400.00

_____ Commuter Rate: \$180.00. per person (includes food)

Program Fee: \$350.00 per person

Total Amount due per couple:

_____ \$1,320 double occupancy

_____ \$1,500 Single Room Rate:

_____ \$1,060 commuter rate

Please let us know any special needs you have for this event: _____

Thank you for registering! We will be sending out a letter with more information closer to the event.