



## **The Couples Program**

**‘The Intensive Realignment’ A private 6-day program  
Munich- Tegernsee- Starnberg Lake**

**Exclusively hosted by Diana Schramm, M.Sc.**

**Every day is crafted around your shared pace, priorities, and areas  
of focus, combining guided dialogue and somatic grounding.**

**Dates: Scheduled flexibly according to your preference**

# Because a Shared Life Deserves More Than Surface Harmony



You have built success professionally, socially, and within your family. Your life reflects stability, achievement, and respect. Yet behind closed doors, emotional distance has quietly taken root. You function well together, but the intimacy feels muted. Conversations stay practical. Connection feels polite rather than alive. You have invested in comfort, travel, and experiences yet something essential between you remains untouched.

This retreat is not about blame or escape. It is about conscious evolution.



## Through the REALIGN Method, you will



- Identify and interrupt the patterns that keep the same conflicts repeating
- Address past experiences with clarity and containment
- Learn practical, respectful communication tools designed for real life
- Shift your relationship dynamic from reaction and distance to presence
- Create a shared direction for your partnership grounded in intention, stability, and renewed connection



## The 6-Day Intensive: Path to Realignment



A structured, high-intervention journey,

- Day 1: The Assessment of Truth
- Day 2: The Individual Resolution
- Day 3: Deconstructing the Walls
- Day 4: The Intimacy Shift
- Day 5: The Shared Vision
- Day 6: Integration & Roadmap

A detailed itinerary is shared exclusively during your private consultation.



# Discretion & Privacy Protocols

At Sukoon Al Noor, your privacy is handled with the same rigor as the intensive itself. We operate under a policy of absolute professional secrecy, ensuring that your identity and the details of your journey remain entirely confidential and outside the public eye.

All sessions are held in the total privacy to avoid public exposure, we maintain a strict zero-visibility protocol regarding social media and digital documentation. From the moment of your first inquiry, every interaction is managed through secure, encrypted channels.



# Registration & Participation



Access to Sukoon Al Noor is by private invitation only. To begin, Contact us by email or the number below to discuss if you are eligible for the retreat.

Once your application is reviewed, a private consultation will be arranged, and details of your bespoke retreat experience will be shared. Each retreat is designed for absolute discretion and dedicated attention, offering a truly transformative experience.

**Lets talk**

