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# Love and Relationships in Quarantine

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*Love Cycles presents*

## Love Skills

**A Virtual Class for Couples**

**Experience a deep-dive into the issues of:**

- How the qualities which attracted us to each other can be the most difficult to manage when we are together 24/7
- The truth about unconditional love
- Manage defensiveness
- How personality types can wreak havoc in relationships
- Practicing the Pause: the five top skills of communication
- (2) Two private 45-minute sessions with each couple

**New Class Begins**

**April 17, 2020**

With Linda Carroll  
and special guest Deb Lyman  
for the Enneagram

Friday, April 17  
7-9pm

Saturday, April 18  
9:30am-5:00pm

Sunday, April 19  
9:30am-Noon

Register here today:

<https://lindaacarroil.com/love-skills-april-2020/>

