



Love Cycles presents

# Love Skills 2

## A Virtual Class for Couples

“Love doesn’t just sit there, like a stone,  
it has to be made, like bread: remade all  
the time, made new.”

-Ursula K. LeGuin

**In this class we will review communication basics  
and learn the practical skills that will help you:**

- Heal your history, move past the past,  
and end recurring arguments
- Create new conversations that matter, using  
shared language and deep listening
- Practice connection before conflict with four communication tools
- Repair old and current hurts using the Loops Wheel
- Revive intimacy and renew the passion and pleasure in your relationship
- (8) Eight 75-minute group sessions
- (2) Two private 45-minute sessions with  
each couple on Breaking the Loops

Register here today:

<https://LindaCarroll.com/Love-Skills2-autumn-2020/>

**New Class Begins  
Sept 21, 2020**

With Linda Carroll  
and special guest *Deb Lyman*  
for the Enneagram

**Mondays, 7-8:15pm**

Sept 21

Sept 28

Oct 5

Oct 12

Oct 19

Nov 9

Nov 16

Nov 23

**\$995**, insurance billable  
and workbook included

