



Signature Couples Packages & Pricing

Reconnect Package (Starter – 3 sessions)

Who it's for: Couples testing therapy, seeking clarity, or needing help with a specific issue such as communication blocks, emotional distance, or conflict resolution.

Includes:

- 3 × 60-min sessions (or 2 × 90-min sessions)
- Initial relationship assessment
- One Gottman or EFT-based intervention
- Personalized PDF “Connection Rituals Toolkit”, Love languages and relevant articles and videos
- Limited WhatsApp check-ins between sessions

You will gain:

- Clarity about core issues and relationship patterns, understanding your and partner's needs and how you can meet them
- Practical communication tools for healthy discussions and how to resolve conflicts better
- Emotional reconnection and a shared sense of understanding
- A foundation to decide next steps together

Pricing: INR 7,500

Relationship Reset Package (Core – 6 sessions)

Who it's for: Couples stuck in cycles of conflict, emotional disconnection, or struggling to rebuild trust and communication. Also if there was childhood trauma in one partner or both and it affects the relationship now.

Includes:

- 6 × 60-min sessions (or 4 × 90-min sessions over 2 months)

- Deep dive into attachment styles and its effect on the relationship now, love languages, self-care plan
- Live role plays in sessions
- Video material, Handouts after each session (e.g., Conflict Pause Card, Appreciation Journal, Love languages quiz)
- 1 bonus 30-min call after program ends

You will gain:

- Improved communication and listening without defensiveness
- Renewed emotional and physical closeness
- Practical ways to reduce arguments and increase empathy
- Rebuilt trust and mutual respect

Pricing: INR 12,000

Couple Transformation Journey (Premium – 12 sessions)

Who it's for: Couples committed to long-term change, healing deeper emotional wounds, couples who want to rebuild after an affair, or strengthen intimacy and teamwork.

Includes:

- 12 × 60-min sessions (or 8 × 90-min sessions over 4–5 months)
- Video material, articles to read, Full Gottman relationship assessment & feedback, self care plan, sound relationship house
- Attachment styles, Conflict repair, intimacy building, and future vision mapping
- WhatsApp support (within agreed boundaries)
- Measured progress and End-of-program “Relationship Growth Plan”

You will gain:

- Profound emotional understanding and secure bonding
- A clear roadmap for lasting relationship health and supporting partner’s visions and dreams
- Stronger intimacy, communication, and shared goals
- The ability to resolve conflict calmly and collaboratively

Pricing: INR 22,000

Intensive (High-Demand Couples)

Who it's for: Busy couples wanting fast breakthroughs in a weekend or short span — ideal for crisis recovery or major decisions.

Includes:

- 2 × 90-min sessions in one week
- Pre-work questionnaire + post-intensive summary
- Personalized PDF toolkit customized to their issue
- 1 follow-up 60-min session within a month

You will gain:

- Rapid emotional clarity and renewed connection
- Action plan for immediate relationship improvement
- Tools to handle triggers and repair emotional safety

Pricing: INR 6,000

All sessions are confidential, evidence-based, and tailored to each couple's unique relationship goals.