



Salsa

WITH ME, SWEETHEART



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WELCOME TO
YOUR

at home

DATE NIGHT!

GETTING STARTED

The key to enjoying this date night is actually treating it like a date night! So take a moment to gather up some blankets, pillows and candles, and set up a romantic space. Then spend a couple minutes catching up with each other!

EVERYTHING YOU NEED



A ROMANTIC SPOT
(CANDLES, PILLOWS, A DRINK, ETC.)



YOUR DANCE PARTNER

EVERYBODY DANCE NOW

Whether you've got moves like Jagger or two left feet, dancing can be a fun, electrifying activity to share with your sweetie. But did you also know that dance imitates marriage? We can spot many parallels between what you experience in dancing and growing a strong and healthy marriage. So, dance serves as a great reminder of what's important in marriage. What your marriage craves, dancing can bring to the table.

DANCING IS AN ART. MARRIAGE IS AN ART.

There is no formula to having a happy, healthy marriage. Sure, there are some overarching principles and good basic skills to have, but marriage is more of an artform, just like dancing. There's a rhythm. There's give-and-take. Dancing is an expression of movement that is enjoyed together with your dance partner in the moment. What a great way to describe marriage! Marriage is not about perfection. It's something to be enjoyed, fun, playful, sexy, exhilarating - kind of like dancing!



KNEE-TO-KNEE

Now turn, facing each other, and spend a few minutes answering these questions:

1. What type of dance best describes the current state of our relationship?
(*Hip-Hop, Swing, Salsa, Two-Step, etc.*)
2. What would you say energizes our marriage?

NOW GIVE EACH OTHER A

smooch

AND LET'S KEEP DANCING!

NOT ALL DANCES ARE THE SAME. NOT ALL MARRIAGES ARE THE SAME.

Salsa. The merengue. Two-step. The waltz. Break-dancing. Dance styles come in all kinds of varieties, cultural backgrounds, tempos, and ... No two dance styles are quite the same.

Likewise, no two marriages are the same, because each marriage comes with its own set of unique individuals.

You are unique and so your marriage is unique. When two people come together in marriage (that is, they start the dance!), they begin a journey that is their own.

KNEE-TO-KNEE

Now turn, facing each other, and spend a few minutes answering these questions:

1. What is something you think makes our relationship positively unique?
2. What is one event or experience in our marriage journey together that has made our marriage one-of-a-kind?

NOW GIVE EACH OTHER A

smooch

AND LET'S KEEP DANCING!

RHYTHM IS A DANCER: IT TAKES TIME TO FIND RHYTHM IN BOTH DANCE AND MARRIAGE.

When you first begin to dance, mistakes are going to happen. Toes will be stepped on. You run into each other. The rhythm is off. That's just the process of learning to dance! When a toe gets trampled, dancers don't think we must be terrible at this! Maybe dancing isn't our thing. Might as well hang up the dance shoes and try golf... They keep on dancin'!! Things happen in marriage as well. Mistakes are made, and toes get trampled. No marriage is perfect, nor is either individual in the relationship. Acknowledge when mistakes are made. Extend understanding and forgiveness. Laugh at the little things. Turn toward each other again, find your rhythm, and keep on dancin'!



KNEE-TO-KNEE

Now turn, facing each other, and spend a few minutes answering these questions:

1. On a scale of one to Beyonce, how much rhythm do we have?
2. What's a little thing that may not be quite perfect in our relationship that we can laugh about together?

NOW GIVE EACH OTHER A

smooch

AND LET'S KEEP DANCING!

DANCING IS PLAYFUL! SO MARRIAGE SHOULD BE, TOO!

What's the point of dancing? It's fun! Dancing should be exhilarating, playful, and lively. It might even bring a few laughs as you try to navigate certain moves. (Remember those trampled toes? Laugh it off!). There is a significant amount of research that suggests playfulness and laughter are vital for a healthy marriage. In other words, want to get in sync and find that marriage rhythm? Do some playful things together! Make time to get outside, break out the boardgames, sing some karaoke, eat ice cream, be silly...go dancing! And did we mention laugh? Try to laugh with each other at least once a day- you won't believe the benefits!

KNEE-TO-KNEE

Now turn, facing each other, and spend a few minutes answering these questions:

1. When's the last time we had a really good belly-laugh together?
2. What is the next thing we can plan to do to play together?

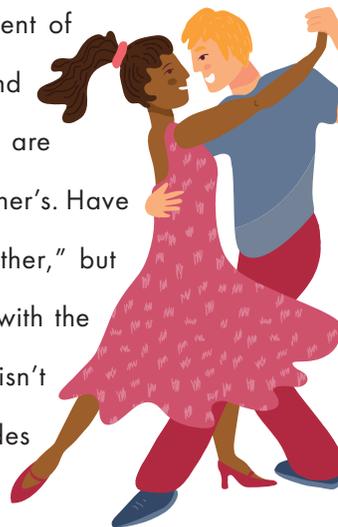
NOW GIVE EACH OTHER A

smooch

AND LET'S KEEP DANCING!

DANCING REQUIRES YOU TO FACE EACH OTHER. SO DOES MARRIAGE.

In most couple dancing styles, dancing partners are often close to each other and face-to-face a lot of the time. Feeling the movement of your dance partner, reading their body language and eyes, and creating a physical and mental connection are important for syncing one person's movement with the other's. Have you ever seen two people on the floor dancing "together," but each is just kind of doing their own thing, out of sync with the other? The same goes for your relationship. Marriage isn't meant for two people to dance separately on different sides of the room. It truly takes two to tango. Marriage requires couples to face each other, lean in to each other, whether during times of fun and laughter or serious conversation.



KNEE-TO-KNEE

Now turn, facing each other, and spend a few minutes answering these questions:

1. Face each other, look into each other's eyes, and tell your spouse one thing you appreciate about them then kiss for 13 seconds.
2. Is there anything that has disrupted the rhythm of your marriage?

NOW GIVE EACH OTHER A

smooch

AND LET'S KEEP DANCING!

SOMETIMES ONE PERSON LEADS AND THE OTHER FOLLOWS.

As you know, in many dancing styles there is a partner that leads and a partner that follows. It's not a "one-is-better-than-the-other" kind of thing; it just happens so that the couple stays in sync to the rhythm and can read each other better as to where they are going next. If you notice, the lead doesn't force their partner around; usually, they just cue them as to which move and direction they're going next, and the partner adds their own gracefulness to the move. In marriage, it's important for partners to take turns taking the "lead" to support, encourage, affirm, and offer gestures of love and concern for the other. It's often the small, daily gestures one shows to the other that make the biggest impact in keeping a marriage strong. Bringing that cup of coffee in the morning, a thoughtful hug, a love note stuck to the bathroom mirror, sincerely saying thank you, I appreciate you for something specific- make it a goal to share these daily reminders of love with your dance partner.

KNEE-TO-KNEE

Now turn, facing each other, and spend a few minutes answering these questions:

1. When is one time your spouse "took the lead" to really make you feel special and loved?
2. How can I better "take the lead" to help you feel special and loved?

NOW GIVE EACH OTHER A

smooch

AND LET'S KEEP DANCING!

DANCING KEEPS THINGS FRESH - YOUR OWN DANCE IS NEVER THE SAME.

You could very easily dance with your partner to the exact same song, at the exact same tempo, with the exact same style of dance as you had before, and the dance would come out different than the first time. This is part of what makes dancing fun! If you performed the same dance moves in the same order all the time, things could easily get stale and boring. Variety is the spice of marriage. Switching up your marriage “dance” with new experiences (like learning to dance!), regular times of play and laughter, and times of intimacy keeps things fresh in your relationship.



KNEE-TO-KNEE

Now turn, facing each other, and spend a few minutes answering these questions:

1. What's one new experience you think would be fun to share together?
2. Are there any parts of our relationship that are in a rut? If so, what can we do to give it some spice?

NOW GIVE EACH OTHER A

smooch

AND LET'S KEEP DANCING!

THANKS FOR
dancing
ALONG!

We hope you enjoyed this at-home date night! Spending quality time with your love is always a good idea, and we're so glad you chose to do that today.

The next few pages have some tools you and your honey can use to keep growing your relationship!

WHY DANCE CAN BENEFIT YOUR MARRIAGE.

Maybe through your Salsa date night experience, you've found a new, exciting activity to do with the one you love! Or if you've enjoyed dancing together for a long time now, perhaps this gave you the opportunity to think about dance and marriage in a whole new way. Dance promotes playfulness, togetherness, and connection. It allows you to explore with a sense of wonder and gives you an opportunity to flirt with each other. It can have a powerful impact on your marriage. It reminds us of the importance of healthy communication, managing conflicts, and appreciating each other. Dance can be an activity that helps you keep your marriage moving to the rhythm and tempo of your life's music.

TOUCH ME LIKE YOU DO

There is something special about the touch experienced between partners when dancing. It's the electrical connection that happens, a feeling of magnetism that helps guide you in the movements of the dance. And let's just say it like it is - there's a certain sexiness about it! Dancing has a funny way of putting you in the mood for, well, other "activities." This is a great reminder that there's power in touch between two people who are married, whether it's sexual in nature or even simply holding hands, cuddling on the couch during a movie, or giving a shoulder rub to help ease the tension of the day. Keep the dance of marriage alive by engaging in meaningful touch that adds value to your spouse and builds strong intimacy in your relationship.

LASTLY, KEEP

dancing

The music has stopped, the lights have turned out, and Patrick Swayze has already lifted Baby up in the air (Dirty Dancing reference, for you non-Gen-Xers). What now? Is it time to hang up the dance shoes until the next Salsa video shows up on the internet? Of course not! We encourage you to keep moving to the beat, shaking your groove thing, and busting a move together. Find dance studios in your area offering couples' classes. Look online for countless video tutorials on all kinds of couple dance styles. Take more opportunities to keep on movin' and shakin' with the one you love most- and watch your marriage groove to the rhythm!

LOOKING FOR MORE MARRIAGE RESOURCES?



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