



Closer

30 Days to Feel Closer, Fight Less & Want Each Other More.

CLOSER

Feel Closer. Fight Less. Want Each Other More.

30 Days to Bring Back the Butterflies + Renew Your Relationship

CLOSER is for busy couples who love each other, but are struggling to feel connected - and want to **feel closer, fight less, and want each other more...**

without therapy, pressure, or adding more to an already full life.

It's a **connection based, simple, 30-day experience** that helps you gently reset patterns that are causing resentment, restore connection, and bring more ease, warmth, and desire back into your relationship through small, intentional moments that actually fit real life.

*"My husband and I are **connecting much better in every facet of life**. It is like magic." - R.*

*"The space you hold is so warm and inviting. My husband and I both felt so comfortable, and **have a new level of intimacy available to us** thanks to working together. We love our sessions with you!" - D+J*

*"My relationship with my husband has done a complete 180°, and I feel more confident asking for what I want in the bedroom. **The relationship feels exponentially better.**" - K.*

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Why this program may be for you:

- **You are stuck in cycles of argument and resentment**

You keep having the *same* fight, or you've stopped fighting because it feels pointless. Resentment simmers under the surface, even though you still care deeply about each other.

CLOSER helps interrupt the pattern and rebuild safety so repair actually sticks.

- **You are busy parents whose relationship comes last (not intentionally)**

Your life is full (hello hamster wheel off kids, work, responsibilities) and there's barely any space left for *you two*. Sex and intimacy get postponed, then forgotten.

CLOSER was designed specifically for couples with full lives and limited time.

- **You love each other but feel disconnected**

There's no big crisis, but a slow drift and a quiet ache that something essential is missing. You miss the ease, the laughter, the feeling of being chosen.

CLOSER helps you reconnect without making your relationship into a "problem."

- **You've tried therapy but didn't get what you needed**

You've talked things through... and talked... and talked (and are SO DONE rehashing old shit). You understand each other intellectually, but the feeling hasn't changed.

CLOSER focuses on experiential connection so your body can catch up to what your mind already knows.

- **You have mismatched schedules or energy**

You pass each other between work, travel, kids, and exhaustion.
Finding “quality time” feels impossible.

CLOSER teaches micro-connections that work even when time is scarce.

- **You want more intimacy, confidence, and desire**

You want sex to feel connected and alive again, not pressured or awkward.
You want to talk about desire without it turning into a problem.

CLOSER creates the safety where intimacy can naturally deepen.

- **You are committed to playing the long game**

You don’t just want to survive this season, you want a relationship that lasts.
You care about the environment your family grows up in, and want it to feel harmonious..
You believe harmony at home shapes everything else, and want to inspire your kids to have good relationships.

You want your partnership to be a place of warmth, refuge, and joy.

CLOSER helps you live that, one small moment at a time.

Most relationships don’t fall apart because of betrayal or massive conflict.

They **slowly slip** because life gets full, energy gets spent everywhere else, and connection stops being intentional.

No one teaches us how to tend connection over time.

Therapy isn’t the only path back to closeness

Our culture teaches us that if something feels off in a relationship, we need to analyze it, fix it, or talk it to death.

No one wants to fight traffic to sit and argue for hours in couples therapy, and rehash old wounds.

I see again and again that many couples don't need more processing. They need new experiences of connection.

Intentional connection creates **safety, warmth, and desire** in ways that talking alone often can't.

Intentional connection restores "us"

When couples intentionally connect, **something deeper than communication starts to emerge.:**

- There's a **shared vision** that comes back online, a felt sense of **being on the same team** again.
- Resentment softens, arguments lose their charge, and people **remember why they chose each other in the first place.**

Your relationship itself is sacred. There is power in the Us vs Me.

Most personal growth work focuses on the individual, but **long term love asks us to honor the relationship as its own living thing.**

Your relationship is something you've co-created over time, through seasons, stress, pleasure, and change.

When that bond is honored and tended, it becomes a source of stability, meaning, and aliveness for everyone it touches.

Shared vision is the deepest aphrodisiac

Desire doesn't last because we stay young, hot, or exciting forever.

Desire lasts when two people keep choosing each other. When they're building a future they both want to live inside.

When there's shared vision, intimacy deepens, eye contact hits differently, and even ordinary moments carry erotic charge.

What's different about CLOSER

Most approaches focus on **what's wrong**.

I focus on **what wants to be re-awakened**.

Most approaches emphasize processing the past.

I emphasize **building the future** - through safety, connection, and small moments practiced consistently.

Most approaches separate love, sex, and spirituality.

I see them as inseparable, woven together through nervous system safety, shared meaning, and embodied presence.

CLOSER works because ***connection is built through repeated, safe experiences in the body***.

When your nervous system feels safe, ***closeness and desire return naturally***.

If you are thinking to yourself,

I want to feel close again

WITHOUT feeling resentful about the same arguments for the next ten years.

I want desire and intimacy to come back

WITHOUT forcing it, scheduling sex, or making it a performance.

I want harmony at home

WITHOUT having to go to couples therapy or talk everything to death.

I want to feel like we're on the same team again

WITHOUT having to convince, nag, or drag my partner into it.

I want small moments of real connection

WITHOUT needing hours of time, childcare, or perfect conditions.

I want to feel safe and relaxed with my partner
WITHOUT walking on eggshells or bracing for the next fight.

Closer is for you.

The results after 30 days of Closer:

You feel closer, not just in theory, but in your body.

Closeness shows up as sitting closer on the couch without thinking about it.
More eye contact. More lingering touches. More thoughtful exchanges of support.
A sense of “*we’re okay*” that your nervous system actually believes.

Warmth and kindness return naturally.

Not forced “communication skills,” but more softness and openness with one another.
Spontaneous hugs. Thoughtful texts during the day.
Less snapping, more patience, more grace, because you feel safer with each other again.

You fight less and when you do, you repair faster.

Arguments don’t spiral the way they used to.
You catch yourselves sooner.
There’s more curiosity, openness, less defensiveness and the tension clears instead of lingering for days.

Desire begins to reawaken without pressure.

Not because you *tried harder*, but because connection makes wanting easier.
More flirting. More playfulness.
More moments where you think, “*Oh... there you are.*”

Your home feels lighter.

There’s more laughter.
More ease in the air.
Your kids can feel it when you’re on the same team and it changes the tone of everything.

You feel more confident asking for what you want.

In conversation.
In conflict.

In the bedroom.

Because you're practiced at naming needs without fear of blowing things up.

You feel like partners again, not just roommates or household managers.

Shared vision replaces quiet resentment.

You remember why you chose each other in the first place..

And you start making small choices that honor the relationship (hello shaving before date night, brushing teeth, leaving a note, showing care in the little ways that actually matter)

Connection becomes something you know how to create anytime.

You leave with simple practices you can return to in under 10 minutes.

Not a one time high, but skills that travel with you into real life.

*"Meeting with Amanda forced us to make time in our busy schedules to connect with each other, which we so desperately needed. She has an incredible talent to meet us where we were without judgement and guide us through some really spectacular connection exercises. We are so thankful for the **rejuvenation her program provided to our relationship!**" J+M*

WHAT YOU GET

CLOSER includes:

30 Days of Relational Support - (with immediate access to entire course)

- **4 guided date-night style sessions (1 hour/week)**
- **Simple daily practices you can use in under 10 minutes**
- **A container that keeps you actually showing up**

I want to make it easy for you to reconnect.

30 days in a row of showing up for your relationship for less than 10 mins a day, in a container designed to re-ignite passion could be more transformational than a year of rehashing old stuff.

Because the grass really *is* greener where you water it — and small, intentional connections practiced over time create profound change.

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Why Trust Me As Your Guide?

Hello, I'm Amanda Testa. I'm a trusted healer, coach, and guide who's **served hundreds of clients and thousands of students** over the years with masterful skills in coaching, pleasure embodiment, and somatic trauma resolution.

My clients **tenderly heal their relationship with their sexuality, shamelessly embrace pleasure, own their sexy confidence, and cultivate deeply connected relationships** with my fiercely loving (yet gentle and nurturing) support.

When I'm not leading transformative sessions, you can find me hanging with my spunky kiddo, **flirting with my sexy hubs of 17 years**, playing in nature, enjoying live music, and having epic conversations about sex with fellow experts on my [Find Your Feminine Fire podcast](#).

After doing this for over a decade (*including thousands of hours of training in trauma informed sex and relationship coaching, Somatic Experiencing™, tantric sex coaching, sacred sexuality, energy healing, somatic trauma resolution, psychedelic facilitator training, Relational Life Therapy Coach training and more*) ... I've seen time and time again the magic and wisdom of our bodies. We all

have the ability to return to our blueprint of health, aliveness, pleasure, connection and sovereignty – and you can too.

With my powerful (and empowering!) support, ***my clients find their desire and pleasure again, return to connection, and have more fulfilling relationships. I want this for you, too!***

*“As a result of working with Amanda, we have become closer. It's become **easier for us to resolve arguments** and more quickly get to the point of seeing the other's point of view. We're enjoying **better communication, and better sex**. We are resolving conflicts more easily, feel more open to talk about sex and for what we want during it. We discovered powerful new skills to help with our connectedness.” I+J*

*“We joined Amanda's workshop for couples and we really enjoyed it. Amanda has a soothing way about her. She's very knowledgeable about sexuality and how embracing it can empower a couple. **We feel more connected sexually than we were when we started the program, which was the goal.** Thank you Amanda!” - Steve + Lynn”*

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FAQ

Who is this NOT for?

CLOSER is not for couples who are actively unsafe, in ongoing abuse, or unwilling to take responsibility for their part.

This work is for people who love each other, are committed, and are willing to try something new to find they way back to one another.

Is this for couples who are struggling... or couples who are already “okay”?

CLOSER is for couples who love each other and feel the drift in their relationship, whether that shows up as tension and resentment, or simply feeling disconnected, busy, and flat. You don't need to be in crisis to want more warmth, closeness, and desire. And if you are really struggling, you could upgrade to work 1-1 with Amanda for deeper support.

Are we too beginner or too advanced for this?

CLOSER meets you exactly where you are. Some couples are rebuilding connection after years of stress; others want to deepen what's already good. The practices are simple, adaptable, and layered — you'll take what fits and leave the rest.

We're really busy. How much time does this actually take?

This is designed for real life. I get it as a busy working mom.

There's one video date night per week (about an hour), plus optional micro-connection practices you can do in **under 10 minutes**, many in just 2–3 minutes.

Consistency matters more than intensity here.

You have access to the program for a full year.

You can watch (or listen) on your own schedule and still get the full benefit. Many couples do the practices at times that work best for them. And if you need more accountability, you can upgrade to get deeper support from Amanda.

Will my partner actually do this with me?

Often yes, and sometimes you start solo.

You'll receive **simple, non-nagging ways to invite your partner in**, and many of the shifts begin just by changing how *you* show up.

Connection is contagious.

Is this therapy?

No. There is a time and place for all things, including talk therapy. And CLOSER is not about rehashing the past or arguing things out. It's about **intentional connection, nervous system safety, and shared vision** so change can happen naturally, without forcing.

Is this “woo”?

It's grounded, embodied, and practical.
There's space for ritual and meaning, but everything is optional and adaptable.
Even very pragmatic, non-woo partners tend to find this approachable and surprisingly effective.

How long do we have access to the material?

You'll have access for **one year**, so you can return to the practices anytime you need a reset or refresh to stay close and connected

What kind of support is included?

You'll receive a weekly video date night , daily connection games, and Optional voice messaging Signal support is available for additional personalized guidance if you want it.

What's the refund policy?

Because this is a program with immediate access to materials and calls, **all sales are final**.

That said, this work is gentle, practical, and designed to support, not overwhelm you.

What if things are really hard in our relationship right now?

CLOSER can help restore connection and stabilize patterns and if you discover you need deeper support, you can always upgrade and work more deeply with Amanda. You don't have to do this alone.

Why is this worth the investment?

Your relationship is the emotional environment you live inside every day.
When it feels warmer, safer, and more connected, everything else in life gets
easier - work, parenting, health, joy.
The grass really does grow where you water it.

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