

# Anand Karaj Preparatory Programme

**LOVE NOTES** is a fun Interactive, Video-Based Marriage Programme for Soon – to – Wed and Newlywed Couples.

This programme was introduced by Bill and Pam Farrel – marriage educators and authors of many books on marriage and relationships.

This programme is now specially adapted and incorporated into a workshop for couples.

**Duration: 1 Session**

**Timeslots: Wednesday 7pm to 10.30pm**

**Saturday 9.30am to 1pm**

**Venue: Central Sikh Temple, Level 4**

*“They are not said to be husband and wife, who merely sit together. Rather they alone are called husband and wife who have one soul in two bodies.”*

*‘Guru Amar Das’*

[SIGN UP for this FREE workshop and you will discover:](#)

What makes a marriage work?

What successful couples do to keep their love strong?

How to develop skills that will maintain your relationship.

The art of decision-making that is essential to your marital bliss.

Communications skills to enhance your connection with your partner.

Tools that will encourage an energetic and effective marriage,

Understand the true essence of the Anand Karaj Ceremony.

Who can we approach for more information?

Central Sikh Temple Manager @ 62993855 or  
email: [lovenotes@sikhs.org.sg](mailto:lovenotes@sikhs.org.sg)