



Heartwork Institute, Inc.

24-hour mini-retreats

“Opening to Relationship”

The upcoming 24-Hour Mini-Retreats are a rare opportunity to experience the dynamic inner-work that Heartwork can bring to relationship - AND you can do it from your own home!!!

At home or with a group in your community, these 24-hour mini-retreats have allowed many to begin, continue and nurture the Heartwork Process throughout the year.

Please join us for the upcoming Relationship based Retreats that are scheduled for this year.

May 15-16, 2010
Jul 30-31, 2010
Sep 18-19, 2010
Nov 19-20 2010
Jan 2011 TBD
Mar 2011 TBD

FEE: \$150.00 per individual

Package Pricing for Mini's:
packages: 2-\$250; 4-\$450, 6-\$650

Members of HTP : 25% discount off fees

Meditation Group

“Opening to Our Inner Being”

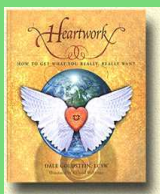
Meditation is the kindest thing you can do for yourself. It is the one tool that most directly teaches you how to be at peace with yourself and others, and opens you to the love, joy, and everything else you really, REALLY want.

This Meditation Group will meet for two hours on a Sunday evening every other month via conference call, and will teach the fundamental Heartwork meditations in a progressive format: Soft Belly, Sweeping the Body, Soft Body, Awareness, Soft Body/Awareness, and Forgiveness. Combined, these meditations will provide a foundation for a new way of being - with yourself, and in the world. After brief introductions, the group will do the month's meditation, and will then have an open discussion led by Dale.

At home or with a group in your community, these Meditation groups will allow many to experience the benefits of meditation in their lives.

June 27, 2010
Aug 8, 2010
Oct 3, 2010
Dec 12, 2010
Feb 2011 TBD
April 2011 TBD

FEE: \$20 for each 2 hour group
One may attend one group for free.



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Scholarships and work-study positions are available for those who qualify and apply for these opportunities.