

# Meditation and Inquiry: A Heartwork Retreat

October 16-21, 2014 \* Rochester, NY

Chapin Mill Retreat Center in Batavia, NY  
7:00 pm, Thursday, October 16th - 1:00 pm, Tuesday, October 21st

## *Heartwork: A process of letting go into the Truth of one's Being-in-the-moment*

At our fall retreat, we will utilize the primary Heartwork tools of meditation and inquiry, along with unwinding, circular breathing, dancing, group discussion and individual instruction to help one surrender into one's deepest yearning - the path back to one's True Nature.

*Meditation and Inquiry* is a residential retreat facilitated by Dale Goldstein, LCSW, a licensed psychotherapist and Director of the Heartwork Institute in Rochester, NY. Since 1966, Dale has been exploring the way meditation, healing, and psychotherapeutic tools can open the heart/mind - primarily through Zen practice, work with Toni Packer, and, since 2000, his study of the Diamond Approach.

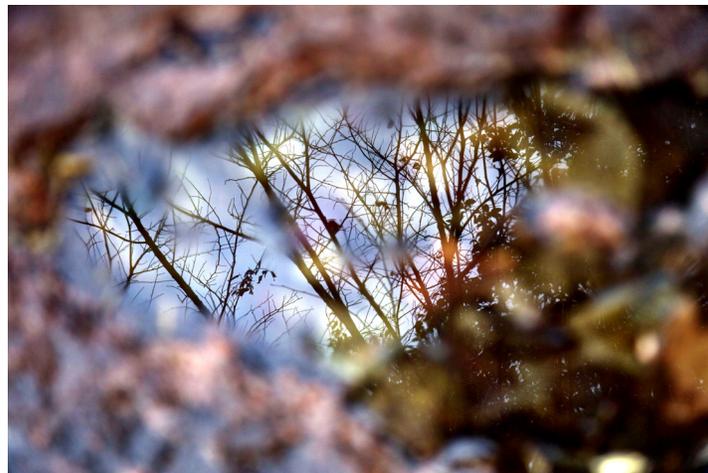
Dale is the author of *Heartwork: How To Get What You Really, REALLY Want*, available at [www.awakentheheart.org](http://www.awakentheheart.org).

### Retreat fees & costs:

- \$1,250 if registered by August 17, 2014; \$1,350 thereafter
- \$200 discount for couples registering together (may not be combined with other discounts)
- 25% discount off your tuition for each person you refer, up to your full tuition amount
- Food and lodging is an additional \$100 per day. No discounts apply.
- Scholarships and work-study opportunities may be available. Request an application if you are interested. Any available funds are distributed on a first-come, first-serve basis.
- To reserve your place, please send your contact information and a deposit of 50% to Heartwork Institute, Inc.

*"I never could have imagined that it would be possible to bond with a group of people as deeply as I did or that I would witness so much love, reverence and goodwill toward fellow humans as I did these past 5 days."*

*Eileen O.*



*"Beyond my expectations. Looking from the outside in, letting go has always been a concept, an idea, something on my list of things I knew I needed to do but wasn't sure how it would/could ever happen. I just kept going deeper and deeper within myself, to places and memories I didn't even know I had."*

*Sarah D.*

Photo credit: Mike Hull [www.mikehull221.com](http://www.mikehull221.com)

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