



A Heartwork Retreat

*Letting Go into the Truth of One's
Being-in-the-Moment*

October 4 - 9, 2018

Light on the Hill Retreat Center, Van Etten, NY

7:00 pm Thursday, October 4th -
1:00 pm Tuesday, October 9th

Heartwork retreats combine the primary Heartwork tools of meditation and inquiry with unwinding, circular breathing, body/energy work (optional at extra cost), group discussion and individual instruction to help find one's way back to one's True Nature.

Heartwork is taught by Dale Goldstein, Director of the Heartwork Institute in Rochester, NY. Dale has been actively exploring, since 1966, the uses of meditation, inquiry and other spiritual tools to 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.

"Moving through fear is so liberating."

Marie H.

"We have all left home for different reasons and in different ways, but having the common goal to return home to ourselves facilitated the individual journey."

Rosie R.

"I was able to access my strength/power and regained my voice."

Jim S.

Retreat Fees & Costs:

- One may attend the retreat for 3, 4, or 5 days
 - \$1,150 for the first 3 days, \$275 for day 4, and \$175 for day 5. Total cost for all 5 days is \$1,600
- \$100 discount for early registration by 8/2/18
- \$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 \$120 per day. None of the above discounts apply, but there is a \$20/day discount for the 4-bed dorm, and a \$10/day discount for the four 2-bed rooms.
- 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-served basis.
- To reserve your place, please send your contact information and a deposit of 50% to Heartwork Institute, Inc.