



A Heartwork Retreat

RELATIONSHIP AS A VEHICLE
FOR PERSONAL / SPIRITUAL GROWTH

OCT 31- NOV 5, 2019

LOCATION TBA, NEAR ROCHESTER, NY
THURS., OCT 31 (7:00 PM) - TUES., NOV. 5TH (1:00 PM)

A loving relationship is our greatest opportunity to experience Heaven on Earth! In this retreat, we will learn how to use the Heartwork Relationship Transformers (see awakentheheart.org/relationships-2) to move through the barriers to sharing deep intimacy with another. I make this guarantee to couples I work with that, if you love each other, and are both willing to do your inner work in and through your relationship, these tools can get you through absolutely anything! To get an idea of my perspective on relationships, please read my pieces on the website: (see awakentheheart.org/relationships-2). The Relationship Retreat can be attended alone or with a friend, relative, or significant other.

Heartwork is taught by Dale Goldstein, MSW, 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. He believes that relationships create the ideal crucible in which our unresolved personal issues are exposed and can be worked through.

Dale is the author of the award-winning book, *Heartwork: How To Get What You Really, REALLY Want*, available at www.awakentheheart.org.

"Heartwork is the most magical, beautiful gift you could give yourself. The walls you thought would never crumble come tumbling down before your eyes. This is true freedom, true love.

I know I have just begun a beautiful journey with my partner.

The exercises we did were intense but I would not have changed one thing. I found honesty and love." ~ Brian Stovall

"This was a life changing experience that every human being should experience at least once in your life. But I guarantee it will not be once." ~ Brandy Helms

"I was expecting to gather some tools to use in my relationships. I gained those and a lot more. I learned to hear what my partner was saying, to realize that I can't fix anyone." ~ Susan S

"I liked the fact that we had so many opportunities to release, let go, clear with our partners by connecting and being there for each other." ~ Juana

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 August 31, 2019
- 1/3 off for the second person in an ongoing committed relationship (i.e., partner, relative or close friend) (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 \$145 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 the Heartwork Institute, Inc.