



# A Heartwork Retreat

LETTING GO INTO THE TRUTH OF ONE'S  
BEING-IN-THE-MOMENT

**APRIL 25-30, 2019**

LIGHT ON THE HILL, VAN ETTEN, NY

THURS., APR 25 (7:00 PM) - TUES., APR. 30TH (1:00 PM)

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, 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.

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

*"The power of allowing my infinite self to flow through my being was intense and is still propelling me forward in life with ease."* ~ Nicole H

*"There is something unique about having this stretch of time together in this beautiful setting that seems to inspire greater focus and depth of work and I was grateful for that."* ~ Peggy Q

*"Joy arose the very first day of the retreat and my judge was absent as a result of this joy."* ~ Alma

*"I don't have to have the old way of survival anymore and it's time for Growth, love and understanding..."* ~ Margie M

## 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 2/25/19
- \$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 \$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.