



Heartwork Institute, Inc.

24-hour mini-retreats

“Letting go into the Truth of one’s Being-in-the-moment”

This year Heartwork will focus on, “Letting go into the Truth of one’s Being-in-the-moment”. We will accomplish this through a progressive sequence of meditations that will open you increasingly deeply to the spiritual aspect of Heartwork .

Mini-retreats can be done in your 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 meditation retreats that are scheduled for this year.

May 13-14
9pm-9pm eastern
Soft Belly Meditation – Soft Body Meditation

June 11-12
Awareness Meditation

July 9-10
Soft Body/ Awareness Meditation

August 13-14
Hara Meditation

September 9-10
Do Nothing Meditation

October 15-16
What Do I Need Right Now?

Nov 11-12, Dec 16-17, Jan 21-22, Feb 24-25, Mar 9-10, Apr 13-14
Find Your Own Way (with guidance)

Fee for individual mini-retreat: \$99.00

Package Pricing for mini-retreats: 2-\$150; 4-\$275 6-\$375, 12-\$650

HTP : First 6 retreats are part of the program, the next 6 can be purchased as an add-on for \$300 or individually with a 25% discount off each

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