

The Opening the Heart Workshop™

Using the power of love to bring out the best in the human spirit one heart at a time.

December 17–19, 2010 Friday–Sunday

Kripalu, Stockbridge, MA

www.kripalu.org (866) 200-5203

Life is change. Change can bring loss. Loss often brings pain. If the heart closes to protect us from that pain then we also feel alone. Together with others who are also grieving we will create an atmosphere of deep safety, comfort and support. Then we begin a journey to help heal the heart through the powerful Opening the Heart process.

At the workshop you will be offered a variety of different tools and approaches that have helped many people explore and come to terms with their feelings at their own pace and in their own way.

As you deepen into this grief-work your natural emotional health and spiritual intelligence will tend to emerge. These aspects of yourself can guide you in knowing how best to move forward in your journey of healing.

Opening the Heart is a profoundly reliable, well-honed tool for grieving that has been successfully used by thousands of people from all walks of life since 1976. The workshop's combination of powerful therapeutic modalities and simple kindness and caring can create a profound life-affirming boost that will nourish you, lift you up and strengthen you for the road ahead.

THE OPENING THE HEART FACILITATORS



Linda Aranda has led OTH & other workshops for the last 30 years. She has worked as an emotional intelligence educator & counselor in different settings, including hospice.



Jon Berenson, PhD, a clinical psychologist with 30 years experience in private practice has been a senior coordinator of OTH for 28+ years.



Donna Macomber has been a facilitator of OTH since 1990. She has a private counseling practice in western Massachusetts.



Peter Watson, leader of OTH since 1989, has more than 30 Years experience in counseling and facilitating group process.

To discover more about us visit our website: <http://sites.google.com/site/theopeningtheheartworkshop/>