HEARTWORK

TRAINING PROGRAM

A YEAR OF PRACTICE, INQUIRY & DISCOVERY

What if the way forward is to meet what is here?

A year-long journey for people who want to know themselves more deeply, meet life with greater openness, and bring more presence and compassion to their relationships.

Through meditation, open-ended inquiry, and honest connection with others, we learn to meet our immediate experience with curiosity rather than resistance. This is not about fixing yourself. You are not broken. It is an invitation to discover what is true beneath familiar beliefs, habits, and protective patterns.

MEDITATION
Soft Belly, Soft Body, and Awareness practices help us soften, open, and see clearly.

INQUIRY
A gentle, open-ended exploration of what is alive in us now: "What is this?"

COMMUNITY
Group practice and partner inquiry offer the support of attentive, nonjudgmental presence.

A YEAR OF EXPLORATION Over the year, we explore presence and attention; emotions, beliefs, and protective patterns; identity and connection; and bringing Heartwork into everyday relationships and life.

WHO IS IT FOR? Whether you are new to meditation and inquiry or have practiced for decades, you are welcome. No experience is required—only sincere curiosity and a willingness to meet your experience.

THE RHYTHM The only participation requirement is the shared Large Group meetings. Daily practice (ideally 30–60 minutes), weekly partner inquiry, private sessions, Practice Days, and an annual retreat are encouraged ways to deepen the work. The group will shape the schedule together.

MAKING HEARTWORK ACCESSIBLE Sliding-scale fees, scholarships, payment plans, and work-study opportunities may be available to help make participation affordable.

"For me, HTP is taking Heartwork and bringing it home." — Kimber S., past participant

Guided by Dale Goldstein, Heartwork co-founder and teacher for more than 45 years.

BEGINNING EARLY 2027

Interested in learning more? Contact us to explore whether the Heartwork Training Program is right for you.

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Heartwork is a contemplative spiritual practice, not psychotherapy or a substitute for professional care.