

**Heart Work,
Thursday, April 11 to Sunday, April 14, 2024**

Schedule (all meals optional)

Thursday

- 4–6 pm Arrival and get together, tea/coffee and snacks
- 6-8 pm Welcome, check in round “What is my heart’s work?”
- 8.30 pm Dinner at Albergo Amici

Friday

- 9 am Check in, Short Heart Meditation
- 9.30 am Introduction: The Heart as the Center (Lecture)
Outdoor experience at Vara river: Sitting with the Heart
Sharing, Q&A
Closing Meditation
- 12.30 Lunch at Albergo Amici
Lunch Break
- 3 pm Organic Life as Giving from the Heart (Lecture)
Outdoor experience: Breathing with Life
Sharing, Q&A
Closing Meditation
- 7 pm Lunch at Albergo Amici
- 8.30 Evening Heart Meditation

Saturday

- 9 am Check in, Short Heart Meditation
- 9.30 am The Stages of Opening the Heart (Lecture)
Outdoor experience at Vara river: Letting reality in
Sharing, Q&A
Closing Meditation
- 12.30 Lunch at Albergo Amici
Lunch Break
- 3 pm Meeting Obstacles in the Heart Work (Lecture)
Outdoor experience: River Mentoring
Sharing, Q&A
Closing Meditation
- 7 pm Lunch at Albergo Amici
- 8.30 Evening Heart Meditation

Sunday

- 9 am Check in, Short Heart Meditation
- 9.30 am The Heart in the Cosmos (Lecture)
Outdoor experience at Vara river: Surrender to Love
Sharing, Q&A
Closing Meditation
- 12.30 Lunch at Albergo Amici