

The Opening the Heart Workshop

Dear Opening the Heart Workshop Participant,

Thank you for completing your registration. We look forward to welcoming you at the workshop.

This is an optional questionnaire designed to get you thinking about your reasons for taking the workshop and the issues you want to deal with during the weekend. Although it is not a requirement, we can tell you that many past participants in Opening the Heart have found it to be helpful in preparing to get the most out of the experience. The information is also extremely helpful to us in tailoring the workshop to your needs and in giving you individual attention over the weekend.

Responses to the questions may be mailed or e-mailed to the Opening the Heart staff prior to the workshop. Sending us this information is completely at your discretion. Any information you choose to send is held in strictest confidence and viewed only by the workshop staff. The information is not stored after the end of the workshop.

These are the four questions we ask you to consider:

Why am I choosing this workshop at this time in my life?
What particular life-issues are predominant right now?
What have been the most significant traumas and exaltations in my life?
What hopes or visions of positive change am I bringing to the workshop?

Please send your information as an e-mail attachment to:

staff@openingtheheartworkshop.com

or, if you prefer, to

Linda Aranda-Belliveau
P.O. Box 7071
Milford, NH 03055

We look forward to meeting you at the workshop.