

The Opening the Heart Workshop

Dear Friend,

We're so pleased you'll be joining us at Opening the Heart (OTH) Workshop.

As this upcoming weekend is an experiential journey, we invite you to let us know in advance why you are coming to the workshop. Writing about this may help be helpful in your process of personal growth. It also helps us serve you better once you are here.

While this is not required in order to attend, for these reasons we do hope you'll write to us and answer some or all the following questions.

1. What brings you to Opening the Heart?
2. What have been the major traumas and exultations of your life?
3. What benefits do you hope for at the weekend?

If you are inclined to share less, a minimum of one paragraph in length would be helpful. If you are inclined to share more, please keep your reply to one side of one page. Please email this to us at: staff@openingtheheartworkshop.com.

If you do email us, we will have your email address. Out of respect for your privacy, we do not use this in the future in any way. You are welcome to sign up for our own mailing list at the end of the workshop if you wish, in which case you will receive our occasional emails.

In addition, if you would like to see more information about Kripalu's privacy policy, please do so here: <https://kripalu.org/privacy-policy>

We wish you all the best and look forward to seeing you at Opening the Heart.

Warmly,
Linda Belliveau
and the OTH Staff