

*Open Heart Workshop- Level 1
Schedule*

Times (Flexible)	Topics Morning
9:00- 10:10 AM	Introduction, Sharing, Heart Theory, Self-Check #1
10:10- 10:25	MORNING BREAK (15 min.) ☺
10:25- 10:45	Experiments 1 and 2- Brain v. Heart
10:45- 11:45	Key Steps and Strengthening Heart & Feeling Exercises Ia-Ie (Group, Partner and Individual Guiding)
11:45- 12:15 PM	Sharing and Demonstration
12:15- 12:45	Open Heart Meditation
12:45- 1:45	LUNCH BREAK- 1 Hour

	Topics After Lunch
2:00- 2:10 PM	Heart Exercise II -Advanced
2:10- 2:30	Attunement Level 1, Heart Check #2, Sharing
2:30- 3:00	Heart Exercises III and IV- Advanced (Group and Partner Guiding)
3:00- 3:10	Praying from the Heart- Exercise VA
3:00- 3:25	AFTERNOON BREAK (15 min.)

3:25- 3:35	Praying from the Heart- Exercise VB
3:35- 3:45	Heart Exercise VI- Advanced
3:45- 4:10	Being Grateful from the Heart- Exercises VIIA & VIIB
4:10- 4:20	Self Check #3, Discussion and Sharing
4:20- 4:25	HOMEJOY
4:25- 4:40	Heart Exercise at Home
4:40- 4:45	Next Steps: Preview Goals Level 2 OHWS
4:45- 5:00	Gratitude, Conclusion and Certificates