

**Heartspace, LLC  
The Madison Daoguan, LLC**

Are pleased to sponsor the 2011 Residential Workshop/Retreat with  
**Flint Sparks, PhD**

**Loving Presence: Applied Mindfulness in Healing Relationships**

**Where:** Holy Wisdom Monastery, Middleton, Wi  
**Dates:** Thurs, March 8th check-in begins – 6 p.m. 7 p.m. start  
Through Saturday, March 10<sup>th</sup> – 4:30 p.m.

**Workshop Fees:** Single Rm - \$320, Double/Heritage - \$560, Non-Residential - \$210  
The residential fee includes 2 nights and 6 meals. The non-residential includes 4 meals.

Residential space is limited up to 23 persons including 4 double rooms and 2 hermitages.  
This space will be given on a first come first serve basis.

**Residential space must be reserved by Feb 9, 2012**

**All Registration deadline is March 1. No refunds after this date.  
Early registration is highly encouraged!**

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***CEU's and Certificate of Attendance: 12 CEU's are approved for Social Work and  
Marriage and Family Therapists.***

**To register: fill out the form below, make check out to Heartspace and mail to:  
Suzanne Kilkus, 55 Waunona Woods Ct., Madison, Wi 53713  
Questions? Call Suzanne 239-9127 or [heartspace@charter.net](mailto:heartspace@charter.net)**

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**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

**Fees:** Single \_\_\_\_\_ Double \_\_\_\_\_ Non-Residential \_\_\_\_\_

Would you like to contribute to our scholarship fund for those needing a partial scholarship?  
Yes, I will add \$ \_\_\_\_\_, bringing the total to \$ \_\_\_\_\_

## **Loving Presence: Applied Mindfulness in Healing Relationships**

*Earth's the right place for love.  
I don't know where it's likely to go better.*

—Robert Frost

Perhaps nothing we could ever accomplish in life is as worthwhile as the work of making our relationships more loving and kind. No other task is so demanding, so difficult, so significant, or so valuable as the task of loving and inviting love in our lives. This workshop is an invitation to a conscious experience of perhaps the most loving way to relate to oneself and to others called Loving Presence.

- There is currently an enormous surge in interest in several important and related fields: Buddhism and western psychotherapy, emotional and social intelligence, and the neurophysiology of love and human development. There has been a creative outpouring of work in these overlapping fields. Although the quality of Loving Presence is universally highlighted as crucial to human health and happiness precise practices which guide the participant in cultivating Loving Presence are rarely described.

This workshop introduces the basic concepts of Loving Presence and then explores them through a sequence of interpersonal practices designed to gently guide the participants toward this remarkable experience of being with others in Loving Presence.

The Loving Presence practices emerged out of the work of Ron Kurtz in his development of Hakomi Therapy, a mindfulness based and body oriented psychotherapy now practiced and taught around the world. Combining the wisdom of eastern spiritual practices and the data from the most current neurological research, this very accessible practice of Loving Presence draws from nearly 30 years of experience in psychotherapy and extends its use well beyond its original clinical applications into everyday life and relationships.

*Flint Sparks, PhD is a licensed psychologist with over 25 years' experience in the practice of psychotherapy. He has post-doctoral certificates in Hakomi psychotherapy and group therapy. In addition is a trainer with the Center of Self Leadership in the Internal Family Systems Model. He is also an ordained Zen Buddhist priest currently serving the Appamada community of Austin, Tx*

**Public Talk with Flint Sparks, PhD  
Wednesday, March 7, 7-9 pm**

**Mindfulness and the Many Aspects of Self:  
A Way Through Suffering to Freedom**

**Site to be announced later**