HeartWell Institute - *Mindful Practices for Life*

The HeartWell Institute is a non-denominational, educational institute created to cultivate balance, foster healing, and build supportive relationships in the community.

While integrating contemplative practices, creativity, knowledge, and spirituality through diverse workshops, retreats, trainings and classes, the Heartwell Institute brings together teachers, artists and leaders in their fields to nurture dialogues on the journey of self-discovery so individuals may draw more deeply from their heart well.

HeartWell is for anyone and everyone seeking balance, peace, happiness, health, community, relationships, education and self-discovery.

Call or email today for more information or to register for an upcoming event:
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