

## What would it feel like...

- To develop and have closer relationships and improved communication with the people about whom you care most?
- To break through the subconscious beliefs you have that have prevented you from getting what you want out of life?
- To get clearer about your goals and dreams and what you want in your life in the areas of love, friendship, community, and connection to G-d?
- To improve your self-confidence and your belief in your own power to change yourself and the world?

## Find out at Heart, Mind & Soul.

### Upcoming Program Details:

**Rockaway, NJ  
May 8-10, 2015**

**Open to:** Jewish adults (ages 21 and over)

**Fee:** \$525 per person (includes food)

**Apply by:** One week before the event

Heart, Mind & Soul, Inc.  
P.O. Box 370052  
West Hartford, CT 06137

# The Heart, Mind, & Soul Adult Experience

*in conjunction with Your Infinite Life Training and Coaching Company*



*An incredible weekend of personal and relationship development for Jewish adults*

**Realize your personal power.**  
**Increase your joy of living.**  
**Improve your communication skills.**  
**Enhance your relationships.**  
**Resolve long-standing conflicts.**  
**Increase motivation and self-esteem.**

Join us for an incredible experience that can help you to improve your relationships with your family, your friends, and especially with yourself.

Attendance is limited to you and 17 other participants. This is to assure that everyone has the personal attention necessary to accomplish his or her personally-selected objectives. The workshop is run by a team of trained and experienced facilitators and is designed to provide you with practical, applicable tools that produce sustainable results in the areas of self-awareness, happiness, and relationship improvement. The program begins on Friday before Shabbat and ends at 9:00pm on Sunday evening. For more information, contact Sandy Trencher at 860.233.1004 or Pam Dunn at 636.262.8819 or visit our web site at [heartmindandsoul.info](http://heartmindandsoul.info). Space is limited, so apply today!

*“Through Heart, Mind & Soul, I’ve met some of the strongest people in the world. The strength to demonstrate love, support, and compassion that I’ve witnessed on this program inspires me to express these qualities in my family... and my community.”*

— Z.B., Participant

*“Heart, Mind & Soul changed my life, plain and simple. The greatest skill I’ve gained is my ability to relate to others and to take what I have in common with each person to create strong bonds and friendships...”*

— B.P., Participant

**Are you ready for the experience of a lifetime?**  
**Apply online at [heartmindandsoul.org](http://heartmindandsoul.org) and then submit the attached Course Information Sheet!**

The program will take place at Chabad of Northwest New Jersey. The program will begin before Shabbat and continue through to Sunday evening. Nearby lodging via home hospitality will be provided at no extra cost.

**Program Details:**

- In Rockaway, NJ (Chabad of
- Northwest New Jersey)
- All Meals and snacks provided
- Housing arrangements provided
- Program runs Friday to Sunday night

# Heart, Mind & Soul

## Program Information: May 2015

Thank you for your interest in Heart, Mind & Soul. Following is some important information regarding the program. If you have any additional questions, please feel free to contact a member of our staff (contact information follows).

### **What:**

Heart, Mind & Soul (HMS) Discover Magnificence is a Shabbaton/workshop focusing on personal development for Jewish teens and young adults: self-esteem, motivation, communications skills, and leadership. The May 2015 program is open to teens and young adults ages 14-19. It is run by Heart, Mind & Soul, Inc. together with Your Infinite Life Training and Coaching Company, a partnership designed to improve the lives of Jewish young people by assisting them in experiencing their own magnificence and worth and motivating them to effect positive change in themselves, their families, and their communities.

### **Where:**

The Shabbaton will be held in Rockaway, NJ. All meals and events will be at Chabad of Northwest New Jersey, with sleeping at local homes.

### **When:**

The Shabbaton begins at 5:00pm on Friday, May 8, 2015 and ends at 9:00pm on Sunday, May 10. The program continues throughout the weekend and includes prayer, meals, workshop sessions, and free time.

### **Who:**

This HMS event is open to applications from high school and college students. Older adults are eligible to apply to our adult programs.

### **Cost:**

The fee for this event is \$525 for first-time participants. This includes the workshop program, food, snacks, and program materials. Returning participants are eligible to receive a reduced rate of \$125 in exchange for serving as a peer counselor and assisting with the running of the program. \$125 for assistants, \$525 for regular student participants, \$360 for college students, and \$895 for a couple. Limited scholarships are available, and a scholarship form is available on our web site. HMS is a 501(c)3 organization and additional donations toward our scholarship fund are much appreciated.

## **How Do I Apply:**

Visit <http://www.heartmindandsoul.info> and click "Apply Now!" On the application page, click the application thumbnail/link to download a paper application. You can also submit the \$125 deposit (to reserve a space) and apply for a scholarship from that page.

## **Who Do I Contact for More Information?**

We welcome your comments and questions. Please feel free to contact the following individuals for more information:

Sandy Trencher .....West Hartford, CT.....860-233-1004



# Heart, Mind & Soul

## Adult Workshop Course Information Sheet (CIS)

<b>Name</b>	
<b>Address</b>	
<b>City/State/Zip</b>	
<b>Home Phone</b>	
<b>Cell Phone</b>	
<b>E-mail Addr.</b>	
<b>Birthdate</b>	

*Please complete this form and return to:*

Heart, Mind, and Soul, Inc.  
99 Brewster Road  
West Hartford, CT 06117

Fax: 425-790-2942

The following questionnaire serves two purposes. The first is to provide the workshop instructors with information about you and your values and goals. This will allow them to be more valuable to you during your HMS experience. The second is to help you clarify your goals in your own mind.

The workshop instructors and assistants will discuss the information you have given us on this sheet in order to help you achieve your goals!

### GOALS

What do you want to be different as a result of completing the Heart, Mind & Soul Course experience? State *specific results* you want to produce in the areas of:

**School/Community:** \_\_\_\_\_

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**Love/Family:** \_\_\_\_\_

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**Friendship:** \_\_\_\_\_

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# EARLY RECOLLECTIONS

Print or type two early recollections. An early recollection is a memory of a very *specific incident* that occurred when you were a child.

## Example of an early recollection:

Age 4-5

One day I was riding my tricycle and my brother pushed me.  
I fell off. He laughed at me.  
I felt embarrassed.

*Notice that the above recollection describes a specific incident. It is not a generalized report.*

## The following is NOT an early recollection:

When I was a kid I always used to ride my tricycle and fight with my brother.

It doesn't matter if the experiences you recall are positive or negative, and it doesn't matter how far back you can remember—as long as they are your earliest memories. Write two recollections in the spaces below. Give your approximate age and describe how you felt.

**Recollection #1**      Age \_\_\_\_\_

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How you felt \_\_\_\_\_

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**Recollection #2**      Age \_\_\_\_\_

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How you felt \_\_\_\_\_

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