



# *The Balance Between:* **Giving & Receiving**

## **Part 1 in the Restoring Balance Series**

March 2-6 and September 7-11

Appreciation and motivation are essential for a fulfilling and healthy work experience. When we feel valued and inspired, stress has less room to manifest. During this midweek retreat, we explore how to receive appreciation and how to deepen our sense of value in the effort we offer. We also look at caring as an inner quality of giving, and how it supports our vitality and creativity.

We work with Kum Nye exercises to relax the body and learn to stay relaxed even during moments of tension. We also use visualization practices and guided meditation. You immediately apply what you learn by helping with the daily operations of the World Peace Stupa Center or by spending time on your own daily (online) work.

Please note: we recommend spending no more than 90 minutes on your personal work each day. You are here on retreat—not at work.

