

Hakomi Institute Of Mallorca

# Hakomi Embodied and Aware Relationship Training H.E.A.R.T.®

Develop Essential Skills  
to Transform Your Relationships!

Research shows that our health, happiness, and professional success are deeply influenced by the strength of our relationships.

Yet, despite a longing for genuine connection, we often find ourselves stuck in patterns of misunderstanding, disconnection, or conflict—with friends, family, co-workers, and partners.

The HEART Program offers a mindful and experiential approach to developing more fluent, fulfilling, and engaged relationships—personally and professionally. Grounded in Hakomi’s principles and values, this training supports deep awareness, emotional presence, and authentic connection—without requiring you to change who you are.





# The HEART Program can help you:



**Relate to others** with greater skill, resilience, and presence



**Deepen authenticity** and intimacy in your love and sexual relationships



**Create more** meaningful and connected family **interactions**



**Build** collaborative, respectful **relationships** with colleagues



**Support your clients** in cultivating healthy, conscious connections

## Relational growth in the HEART Program focuses around three essential areas:

### BUILDING SELF-KNOWLEDGE

The HEART journey begins with listening inward, toward the quiet truths of what you most deeply long for in connection.

As you give voice to these aspirations—whether for intimacy, safety, freedom, or belonging—you begin to see the inner landscapes that shape how you move toward or away from what you desire. Your emotional states, protective patterns, and embodied memories all play a role. With gentle attention and mindfulness, you'll learn to recognize these inner currents, attend to them with compassion, and cultivate the grounded presence that makes true connection possible.

### UNDERSTANDING YOUR IMPACT ON OTHERS

It's natural to focus on what others are doing to strain your relationship, but interpersonal challenges are rarely one-sided.

Mindfulness invites us to notice how our own being states and behaviors affect the people around us.

In the HEART Program, you'll have opportunities to receive compassionate, real-time feedback and to explore what your relational patterns may evoke in others. This awareness fosters deeper understanding, empathy, and wiser choices in connection.



## CREATING THE RELATIONSHIPS YOU WANT

### (and navigating sticky moments)

Even when we're clear about the kinds of relationships we long for, old habits can keep us stuck.

In HEART, you'll learn concrete relational skills: how to work with your triggers, tend to vulnerable parts of yourself, step out of defensiveness, and communicate with clarity and authenticity.

These tools support you in co-creating relationships that feel more aligned, resilient, and fulfilling.

## Additional Dimensions of Learning

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### The Group as a Living Laboratory

The HEART Program includes not only structured learning, but also the rich, real-time experience of being in a group. When interpersonal dynamics arise—as they naturally do—we welcome them as opportunities to apply HEART principles in the moment. These unfolding processes become powerful mirrors for self-awareness and relational growth.

We'll also explore healing modalities that center and nourish connection, as well as the role of communication in groups and living systems. The group itself becomes a field of practice—alive, dynamic, and deeply human—where we learn not only from the content, but from each other.

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### Love Relationships as a Path for Healing and the Transpersonal

The deeply personal experience of truly encountering another lies at the heart of what it means to be human. Conscious, loving relationships invite us into a transpersonal realm—where love becomes more than emotion, and connection becomes a gateway to compassion, humility, and shared awakening.

Through the HEART lens, we'll explore how to stay open-hearted even when we are profoundly different. We'll engage with the behavioral, emotional, and existential challenges that often arise in long-term intimacy, and learn how loving can be a spiritual path, not despite our differences—but because of them. We will learn how to love, despite being so different, and explore sexual and emotional challenges to long-term relationships.



# HEART values and skills

## MINDFULNESS

*Grounded in mindfulness, the HEART Program invites you to observe how you relate and the effects of your actions—not to judge yourself as right or wrong, but to notice what's working and what's not.*

*We cultivate an open, curious stance toward the unfolding process within ourselves and in our relationships before rushing to solutions.*

**Skills:** MINDFULNESS, MINDFUL SELF-EXPLORATION, SELF-LEADERSHIP, MINDFUL SELF-REGULATION

## EMOTIONAL GROWTH

*When relationships stall or falter, it often reflects our own internal limits. The HEART journey supports cultivating emotional maturity, personal power, and self-awareness—essential foundations for deeper, more fulfilling connection.*

*Within the relational web of the training group, you are held in a safe space where your truths and authenticity are honored and protected, even as you grow.*

**Skills:** MINDFUL SELF-EXPLORATION, MINDFUL SELF-CARE, MINDFUL DIALOGUE, MINDFUL FEEDBACK PROCESS

## CONSCIOUSNESS

*Consciousness invites us to become deeply aware of the states we inhabit, how we act from those places, and the impact this has on our relationships. We learn to notice which parts of ourselves are interacting, and how our inner states shape the way we speak and respond.*

*By exploring conscious alternatives to habitual, automatic behaviors, we open the door to participating more fully and intentionally in our connections.*

**Skills:** MINDFUL CO-INVESTIGATION, THE RIL DIAGRAMMING PROCESS (BECOMING AWARE OF PROTECTOR AND PROTECTED STATES AND PARTS)



## VULNERABILITY

*How can we transform interpersonal challenges into opportunities for growth and connection? It begins with recognizing how we protect ourselves—because it's nearly impossible to open to others while guarded in defensive states.*

*From there, we cultivate ways to truly understand the other person as well, accessing deeper levels of connection through shared vulnerability.*

**Skills:** PRESENSING, MINDFUL SELF-REPORT

## COMPASSION

*At the heart of the HEART Program is cultivating understanding and compassion—for yourself and for others. Compassion opens the heart and shifts us from getting our way to genuinely caring and being curious about self and others.*

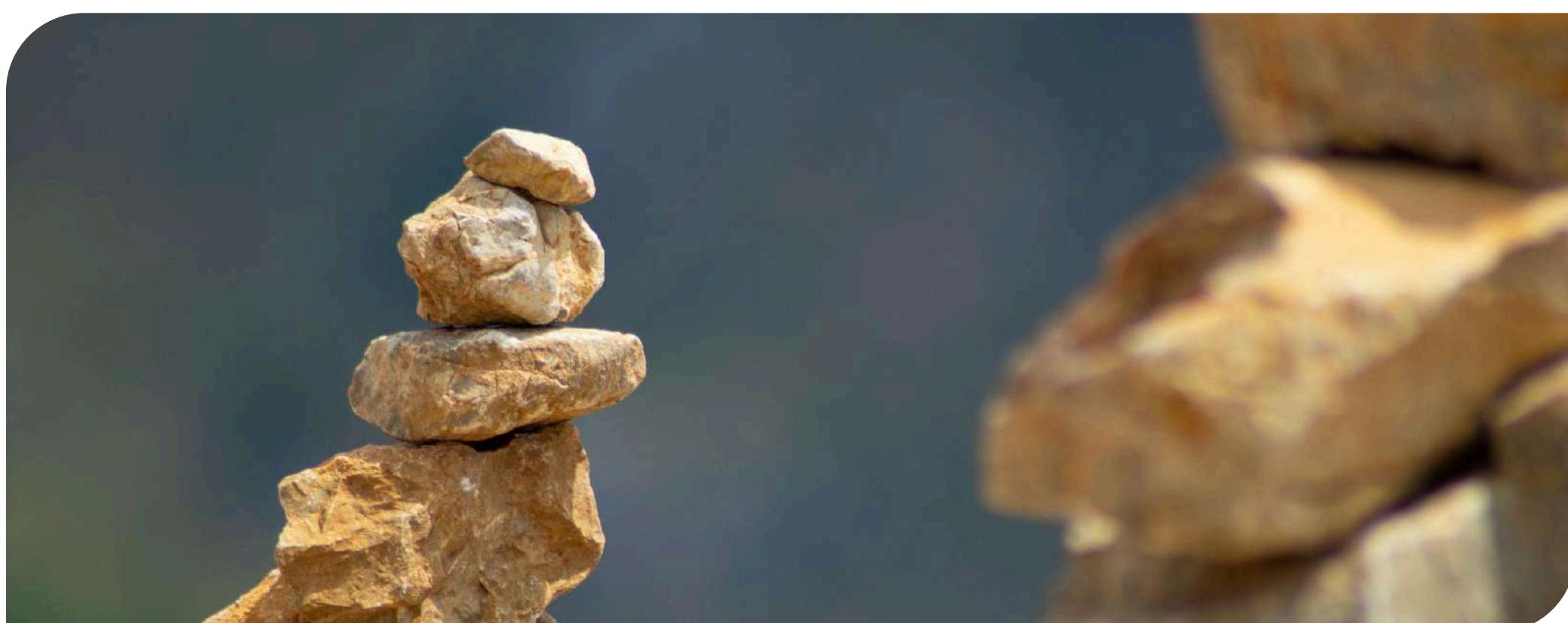
*We come to understand that all beings seek connection, and that wounds—though painful—are the very things that call us to connection and empathy.*

**Skills:** SELF-COMPASSION, COMPASSIONATE CONTACT

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“The quality of your life ultimately depends on the quality of your relationships.

ESTHER PEREL





# About the program

The HEART. training course consists of **three 7-day segments**. Participation requires a prior Introductory workshop or some experience with Hakomi, plus an informal application.

**For English speakers.** The three modules of the HEART program will be held in **Sóller, Mallorca**.

SEGMENT 1	SEGMENT 2	SEGMENT 3
<b>DATES</b> November 29th to December 5th, 2026	<b>DATES</b> June 20th to 26th, 2027	<b>DATES</b> November 14th to 20th, 2027
<b>LOCATION</b> Sóller, Mallorca	<b>LOCATION</b> Sóller, Mallorca	<b>LOCATION</b> Sóller, Mallorca
<b>TEACHING STAFF</b> HALKO WEISS MACI DAYE	<b>TEACHING STAFF</b> HALKO WEISS MACI DAYE	<b>TEACHING STAFF</b> HALKO WEISS MACI DAYE

## Program Format

Our HEART Course incorporates a blend of theory, interpersonal skills training, mindfulness-based experiential learning, discussion, reflection, group process, and optional study groups.

In the latter part of the training, participants use their relationships with group members to practice core HEART. skills.



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There is one non-negotiable ticket for admission to creating and sustaining...partnerships: the understanding that what we experience in relationships is a reflection of our own internal state of being.

JETT PSARIS, MARLENA S. LYONS



# How much does The HEART Program cost?

EARLY BIRD\*

3 550€

REGULAR TUITION

3 950€

\* until February 1st, 2026

Application deadline July 1st, 2026

UP TO 2 WORK/STUDY POSITIONS: 3 400€

We will accept applications up to two work-study students with housekeeping, computer, and technology skills to support the training operations.

If you want to apply for a work/study student position, the first step is to submit the standard training application.

If you are accepted into the training program, we will then send you a specific form to apply for the work/study student position.

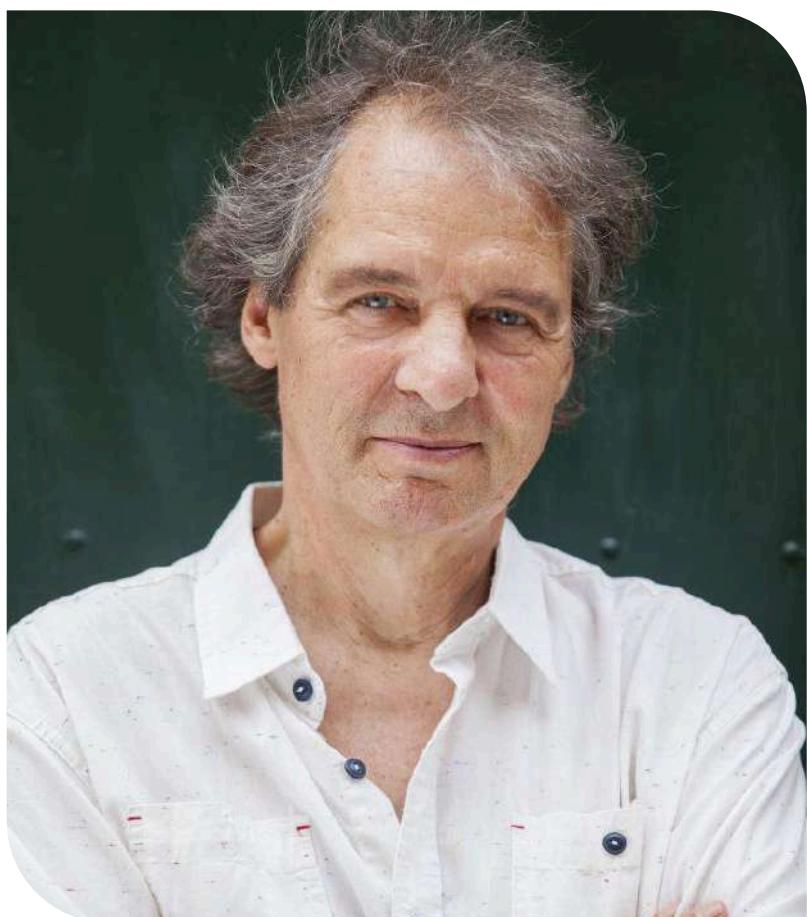
We will be accepting work/study student applications until the posted submission deadline.

After that, we will be sure to review all submissions. Applicants will be informed about their selection status within 7-10 days after the application deadline.

APPLICATION FORM



# Faculty



## Halko Weiss

PH.D., DBH, DIPLO.-PSYCH., ACCREDITED CLINICAL PSYCHOLOGIST AND LECTURER ON MINDFULNESS, COUPLES THERAPY, AND BODY-CENTERED PSYCHOTHERAPY

Halko co-founded the global Hakomi Institute in Boulder, Colorado, where he has served on the Board of Directors since 1980. He also co-founded the Hakomi Institutes of Europe, Australia, and New Zealand, playing an essential role in developing the Hakomi Method and its international training curricula. In Germany, he helped establish a highly successful coaching certification program and an Emotional Intelligence training for executives.

The author of 20 professional publications and 10 books—including *The Handbook of Body Psychotherapy* and *Somatic Psychology* and *Hakomi: Mindfulness-Centered Somatic Psychotherapy*—Halko has taught at universities in Hamburg, Tübingen, Marburg, Zürich, and Napier (New Zealand). He is also a frequent presenter at international conferences. In 2005, he received the prestigious Alice K. Ladas Research Award from the United States Association of Body Psychotherapy.

In addition, Halko co-developed and taught a couples therapy program administered by the University of Tübingen, as well as an interpersonal skills training, *Hakomi Embodied and Aware Relationship Training* (H.E.A.R.T.), offered in Europe and Australia.



CO-FACILITATE THE ENGLISH HEART TRAINING

## Maci Daye

CERTIFIED HAKOMI TRAINER, LICENSED PROFESSIONAL COUNSELOR, AND CERTIFIED SEX THERAPIST WHO LIVES IN HAMBURG AND MALLORCA

She has degrees in Education and Counseling from Harvard and Georgia State Universities and a doctorate in Human Sexuality. In addition, Maci completed the Intermediate Level of the Somatic Experiencing training. She began her Hakomi journey in 1985 and joined the faculty in 2001. She was the Lead Trainer in Asheville, North Carolina, for nearly a decade and taught in Atlanta, Minneapolis, Princeton, Charlottesville, and various European cities.

Maci also developed a Hakomi-informed program on mindful sexuality and has led couple's retreats and professional courses on her work in the U.S.A., Australia, and Europe since 2010. Her book, "Passion and Presence: A Couple's Guide to Awakened Intimacy and Mindful Sex," was released in 2020 by Shambhala Publications.



# Information

IF YOU WANT TO KNOW MORE ABOUT US,  
VISIT [HAKOMIMALLORCA.COM](http://HAKOMIMALLORCA.COM)

WHEN IS OUR NEXT INTRODUCTORY WORKSHOP?  
[CLICK HERE](#) TO SEE OUR UPCOMING EVENTS

FOR INQUIRIES CONTACT OUR BUSINESS MANAGER  
RUTH BLUME AT [INFO@HAKOMIMALLORCA.COM](mailto:INFO@HAKOMIMALLORCA.COM)



## Hakomi Institute of Mallorca

Hakomi Institute of Mallorca is the Mediterranean headquarters for Hakomi MSP. We offer professional and personal growth courses online and in Sóller, Mallorca.

[Here](#) you can find information about our location, how to get there, and where to stay.

## Want to meet with us in person?

If you want to talk to us after reading this brochure, you are welcome to participate in one of our 45-minute Meet and Greets, which take place on Zoom. We will be offering a Hakomi taster and answering your questions about the Hakomi Method and our courses.

SEND AN EMAIL TO [INFO@HAKOMIMALLORCA.COM](mailto:INFO@HAKOMIMALLORCA.COM) (SUBJECT: MEET AND GREET) TO SIGN UP