

Spring Greetings dear HSPs,

Here is the Spring 2017 issue of my newsletter, HSP Highlights & Insights:

<http://www.lifeworkshelp.com/HSP-Newsletter/spring-2017-hsp-highlights-insights/>

In this issue you will find:

Insights:

**Wisdom from Pema Chodoron and a Buddhist Maitri Meditation
Nature as Healer and Teacher (know in Japann as "Forest Bathing")**

Highlights:

Details of the 2017 HSP Gathering Retreats:

the 33rd in Santa Barbara, California June 1-5, 2017

and the 34th in the Netherlands, August 17-21, 2017

and

Details of a small, intimate retreat in Spain !!

with love and gratitude for Spring, and for you,

Jacquelyn