

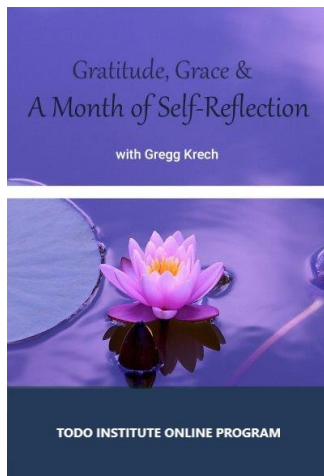
Gratitude, Grace & a Month of Self-Reflection

Online Learning Program through the ToDo Institute

Nov. 17 - Dec. 16, 2023

with Gregg Krech

The ToDo Institute would like to extend a special invitation to Sabine Kaspari's network of friends and supporters: Register for our upcoming Self-Reflection program and receive a 30% discount. (Just enter "sabine" as your discount code.)



The ToDo Institute has offered Naikan Retreats here in the U.S. for 30 years. We also offer this month-long online Naikan program every year.

Here's what you can expect:

- A daily self-reflection exercise delivered to your inbox every morning. This is the heart of the program. Find a quiet place to work on each day's exercise for about 30 minutes and capture your reflections.
- A weekly zoom call conducted by Gregg Krech, with other participants from around the world.
- Thought-provoking resources available through the course website, to support and inform your self-reflection practice (available for 6 months);
- A global discussion forum that provides an opportunity to engage with others throughout the month on the experience and impact of self-reflection.

As you may already know, the spirit of Naikan is very uplifting. Being part of a Naikan community, even during the course of one month, can raise your mood, strengthen your relationships and increase your appreciation for life.

[REGISTER HERE](#). (Don't forget to enter "sabine" as your discount coupon and you will get 30% off the regular price of 93 \$ for non members.)

Please contact Linda if you have any questions: linda@todoinstitute.org .