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News Release

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Halfway Around the World to Find Their Hearts

Gabriola Island, British Columbia – As children we thought we could reach China by digging through the earth, but for the last month, a group of people from China were trying to find themselves by digging deep into their hearts.

The group of 14 people from China visited The Haven on Gabriola Island to participate in the first ever 25 day program to be translated into Mandarin. The group, organized by and translated by Anderson Wang, participated in the Living Alive Phase program, a core program offered at The Haven designed to help the participants understand who they are and how they live their lives.

This is a relatively new concept to Chinese people, and one that has been taught by The Haven's founders Jock McKeen and Ben Wong during their travels in China, Taiwan and Hong Kong over the last 25 years. Wong and McKeen created many friendships and partnerships in that time, but it wasn't until 2004 with the establishment of a partnership with Hai Wen that the programs really took off. Since then The Haven has run between 5 and 10 programs every year in China, but never one of this length to be translated in session.

As the program comes to a close, it's clear that more digging is needed. Our hearts are infinitely deep, and like an archaeological dig, there are amazing discoveries with every layer we go down. In this respect it's truly the journey that is important, not the destination.

Since 1983, The Haven has offered experiential programs for personal and professional growth and development, emphasizing self-responsibility, effective communication, healthy relationships, creative expression and integration of body-mind-spirit. Haven programs help people live their lives more fully and with deeper awareness of themselves and others. A not for profit charitable organization, The Haven is located on Gabriola Island, BC, Canada.

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