

# HouseOfYourHeart

Connection. Empowerment. Hope

HOYH (pronounced hoy-uh), is a nonprofit women's organization focused on the healing principles of connection, empowerment and hope. We connect women in safe, supportive circles through monthly meetings, retreats, and online communities. We empower women to improve their own lives through structured coursework that elevates emotional accountability and self-love. And we foster healing and hope through the use of creative therapies including music, art, yoga and dance. The Heartwork™ of HOYH emboldens women with emotional tools and support to move away from unhealthy patterns of behavior and thought. Such engagement forges new paths in the mind and heart to enable change from within, even if the difficult situations around us do not.

## Owning Our Stories Leads To Healing

In this world of women, we are beset with depression, anxiety, illness brought on by stress, trauma, frenetic activity, and deep physical, emotional and spiritual exhaustion. HOYH shines a dedicated and profound light on the cause and cure of the majority of such suffering: **Ourselves**.

We encourage extensive honesty, accountability, validation, and an intimate sisterhood where sharing our fears is prerequisite to healing them. It is hard work, and we believe, imperative – in order to find the peace, joy, and acceptance that a wholehearted life has to offer. Regardless of where we've come from, what we've done, or what's been done to us, HOYH assists each woman as she roots out her ingrained beliefs that serve to keep her contained in limiting packages such as victim, perfectionist, and codependent. Such identities often stem from painful and repressed feelings of shame, fear, and self-hatred – but when emerging wounds are met with gentle guidance and compassion, transformation and healing are not only possible, but inevitable.

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--Maria

HOYH, Inc.

Utah | Texas | Massachusetts | Arizona



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# What Women Are Saying...

"I never before have been a part of a group of women where I feel loved and accepted for just being me. I have never before felt safe to share my innermost feelings. Every woman suffers, but every woman also feels obligated to smile and make everything beautiful. This makes our suffering silent and unnoticed to perhaps even ourselves. HOYH provides a space and time where we can look inside to notice our suffering, share it with other women who also suffer and receive the support and encouragement needed to heal. I have loved all my HOYH meetings and deeply hope this program can grow and reach out to all women." --Kelly

"The most wonderful and moving part of HOYH is being in a space where I feel safe to accept the imperfect parts of me. To know that it is ok to be in pain. I recognized that the image in my mind and the expectation of what I should be wasn't matching up with what and who I was. There was magic that happened at HOYH, where I began the process of accepting me for who I truly am and where I was in life. This is a movement in my heart like no other, so amazingly healing." --Maria



A group of HOYH women celebrating at the end of a long hike at the Park City, UT retreat in 2015

## What HOYH Offers

- Monthly meetings with an expanding sisterhood
  - Salt Lake City, UT
  - Spanish Fork, UT
  - St. George, UT (coming soon)
  - Boston, Massachusetts
  - Austin, Texas
  - Phoenix, Arizona (coming soon)
- Restorative retreats in beautiful locations
- Emotional coursework that we call Heartwork™
- HOYH Heartland™ - A safe, empowering community of women supporting women in becoming healthier, wholehearted versions of themselves

## The Need For Heartwork™

As founders of HOYH, Monica Rai Silver and Jennifer Sturgis hold this work with a deep and great sacredness. It is their mission to dissuade perfectionism and encourage responsibility, to inspire the opportunity for every woman to know, believe, and accept her great worth and to take her place among the growing rank of awakened women. For in the greater vision, as Mahatma Gandhi believed, **we** must be, first, the changes we wish to see in the world. If you are interested in spending more time on healing the heart, we invite you to experience HOYH for yourself. You can do that by visiting [www.houseofyourheart.com](http://www.houseofyourheart.com) and engage through online coursework, retreats, and monthly meetings.



Body Magic 2017



Founders



Call of the Wild 2016