

AHIMSA – ART OF COMPASSION

A foundation training in *Non-violent Communication*. Developed by Marshall B. Rosenberg.

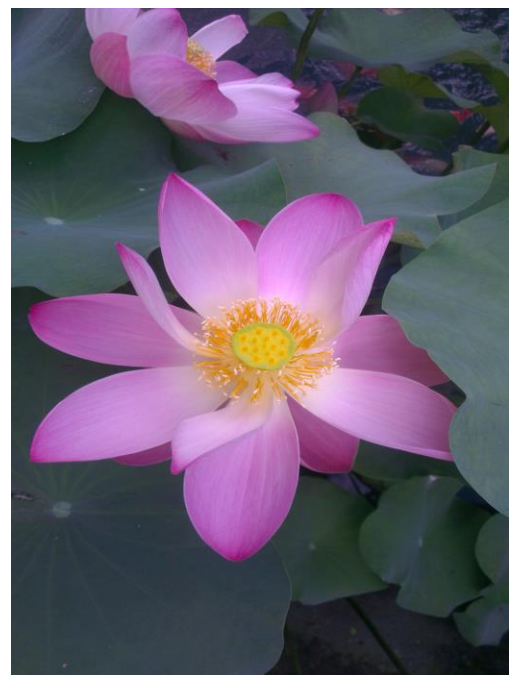
"Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there." Rumi

Sunday 22 July and Sunday 29 July

10am – 4pm

Fleurieu Yoga Studio shop 1/8 Old Coach Rd. Aldinga

This workshop uses fun, interactive activities to help you to –
Learn practical skills to improve your relationships with partners, children, neighbours & work colleagues.
Find out what you really want, & effective ways to ask for it.
Experience giving & receiving empathy.
Be fully present with people in distress/pain/anger.
Interpret underlying messages in anger, blame, & criticism.
Learn how to be "real" instead of "nice."



Facilitated by **Bridget O'Donnell**

Formerly a psychiatric nurse, Bridget has attended interstate & international NVC training over the past 11 years, & has assisted in workshops in Adelaide, Sydney, Tasmania, Darwin, & Bali. Bridget is a coach & an assistant at Embodying NVC Retreats. She runs fortnightly NVC practice groups and a Restorative Circle practice group. She brings creativity & sensitivity to her trainings. Using everyday examples, she weaves the learning in a way that is fun, interactive, & engaging.

Cost Only \$100

This workshop is being offered at 1/2 price as I will be filming for my assessment as a Certified trainer.

Relax Relate Restore – Tools to transform your relationships

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