



ESYS + HEART TALK MATTERS PRESENTS

CULTIVATING INNER FREEDOM

and the Power of CHOICE to lead the life we want through
the basics of
NONVIOLENT COMMUNICATION*

with **Kate Raffin**, certified trainer with the Centre of
Nonviolent Communication www.cnvc.org

Earth and Sky Yoga Studio - 1/137 Marrickville Rd, Marrickville NSW

Part 1: intro: Friday July 5, 6 – 9pm

Part 2: Saturday July 6, 1 – 6pm

Part 3: Sunday July 7, 9am - 3pm

Each part is a pre-requisite for the next

Contribution: sliding scale – from \$180 to \$300 (intro only - \$50)

We would like to make this training both accessible and sustainable. Please contribute at the top of your ability

Book : <http://hearttalkmatters.com/cultivating-inner-freedom-marrickville-sydney-july-2019/>

Contact: Kate Raffin – 0488 550 979 kate@kateraffin.com

More info about Kate: www.hearttalkmatters.com

* Heart Talk Matters is based on the work of Marshall B. Rosenberg,
author of “Nonviolent Communication: a Language of Life”

www.cnvc.org

*'I'm taking away a whole new awareness of the dynamic I was creating and
the potential for a very new way of communicating with everyone'*

Arzu, participant Pomona April 2019

'I think this content should be in everyone's life curriculum"

- Frank Deveson, Canberra Nov, 2018

