

SARAH PEYTON

HOW EMPATHY UNIFIES OUR BRAINS AND BODIES Healing Past Traumas



Date and Location

February 16 and 17 at
The Relaxation Centre 15
South Pine Rd, Alderley,
Brisbane Qld 4051

Times: 9.30am - 5.00pm

Cost: *\$350 per person
Book with \$100 deposit.

**Some \$ concession places available
(Email: cate.crombie@gmail.com)*

Register: The Relaxation
Centre 07 3856 3733 or
relaxcentrefqld@powerup.com.au

Who Would Attend?

*No need to have previous NVC
experience or knowledge.*

However, if you know
and love NVC, and want to
better understand why it works
so well, you will find this a
powerful training.

And/or, if you are a
health practitioner keen on
learning more about NVC and
neurobiology then this
workshop is definitely for you.

Sarah is a certified Nonviolent Communication (NVC) trainer and author of the book -

*'Your Resonant Self: Guided
Meditations and Exercises to Engage
Your Brains Capacity for Healing.'*

Sarah also deeply studies and
shares Interpersonal Neurobiology,
Attachment Theory and Family
Constellations.

It can be a big challenge living in our
world of such diverse personalities and
dealing with our own reactions, inner
pain or fears of being unacceptable or
rejected. These are stored deeply in our unconscious
minds.

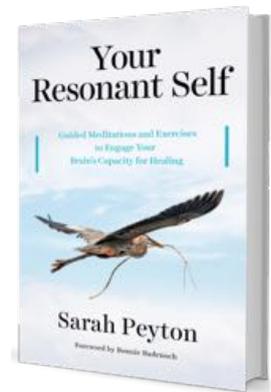
Often without recognising it we find ourselves
disconnected from ourselves and others because of
memories of difficult past experiences which remain alive
in our brains and prevent us from feeling present and
responsive in the moment.

As a result of those unconscious memories Sarah
says: *"In order to belong and survive, we have made deep seated
and silent agreements with ourselves which can keep us feeling
stuck, small and constrained"*.

The importance and value of this 2 day course is
learning how we can release ourselves from those patterns
that no longer serve us and, step by step, *"live a life of ever
expanding freedom, empowerment and awareness"*.

Participants will:

- Understand how emotional trauma affects our brains and how we relate to others
- Be able to tell when brains and bodies are being relational, decoding the signs of which nervous system states we are in and our readiness to be relational
- Identify the deep needs behind the effects of unconscious agreements made through trauma
- Experience healing possibilities of resonant, warm language
- Learn skills for releasing unconscious agreements and clearing relationships of trauma



Check out Sarah's website:

For free videos and resources:

<http://empathybrain.com/>