



## NVC Deepening Connection Retreat

**Dive deeper into compassion**

**with Chris Gillett and Lauren Scanlon**

**Fri 26 November (7pm) -- Sun 28 November (2pm)**

### ★ What to Expect

This retreat is designed for people who already have some knowledge of Nonviolent Communication and want to dive in deeper. It is not an introductory workshop. We plan to explore the following NVC processes with you:

- The Educator/Chooser process, bringing yourself compassion for things you have said or done that you regret
- The Yes/No process, for navigating through dilemmas and difficult decisions
- A “map” for navigating through conflict, based on the NVC Mediation model.
- NVC practices to help you settle reactivity
- And more.

### ★ Location

Our venue is the Mindful Earth Retreat Centre in Karridale, nestled within Boranup Karri Forest just south of Margaret River. While we prefer you to live-in at the retreat to enjoy the sense of community this affords, there are workshop spaces available for those who wish to attend as day visitors. Either way, this is a rare opportunity to spend a weekend with like-minded people, being nourished by beautiful bush surroundings and delicious meals.

### ★ Program

- Friday: If you are staying at Mindful Earth, arrive between 4-7pm to settle into your accommodation. A complimentary warm lentil soup will be available for dinner. Opening retreat session at 7:00-8:30pm
- Saturday: Workshop 8:30-12:00 and 1:30-4:00
- Saturday evening meal: we welcome people who are staying off-site to join us for the evening meal (see Booking Option 6)
- Sunday: Workshop 9:00-12:00 and shared lunch from 12:30



Optional ayurvedic massages provided by Jemima at **Saraswati Ayurveda** – 60 mins for \$100

<https://www.saraswatiayurveda.com.au>

Massages can be booked in for Friday and Saturday afternoon/evening timeslots (see our Registration Form sent to you when you book)

### ★ Facilitators

Chris Gillett is a certified trainer with the international Centre for Nonviolent Communication. In this workshop she draws together key understandings about conflict from renowned NVC trainers Robert Gonzales (The Living Energy of Needs), Gina Lawrie (The NVC Dance Floors), Ike Lasater and John Kinyon (NVC Mediation).

Lauren Scanlon is an educator and a mother of three young children. She has spent most of the past decade learning, living and teaching NVC. She has tried and tested NVC at home, at work, in love and in deep conflict and has complete trust for the practice and the connection it can bring to all relationships.

### ★ Catering

Mindful Earth's creative plant-based chefs help you appreciate the joy of eating with mindfulness and presence. Where possible your meals are sourced from the neighbouring regenerative Mindful Earth Farm, so that from seed to table you are nourished by what is cooked and grown with genuine love and care. Special dietary requests can be made on our Registration Form, which is sent when you book.

### ★ Bookings and Accommodation

**To book:** Please email [christinegillett@gmail.com](mailto:christinegillett@gmail.com) with your preferred Booking Option from the list below. We will reply to confirm availability of a place and details for your payment. Note that workshop places and retreat beds are limited, so booking early gives you the best chance of getting what you want. **Please book by 5.00pm November 8th at the latest.**

There are 8 bedrooms in the homestead: some with one single bed, some with a queen bed and some twin-share options. **Early booking** will ensure you have the best chance of being allocated your preference. Bathroom facilities are shared, and guests are asked to bring their own bedding.

Unlimited camping space is available (bring your own tent/caravan) and campers have access to shared bathroom facilities.

## **Booking Options** (all prices have GST included)

- 1. Private room (single occupancy) all inclusive: \$569**
  - 2 nights accommodation at the Mindful Earth Farm and Retreat Centre
  - All workshops and NVC sessions
  - Fully catered, Fri evening through to Sun afternoon
  - Private room (single occupancy)
  
- 2. Shared twin room (double occupancy) all inclusive: \$1028**

**This is the price for 2 tickets, sharing a twin room (ie. \$514 per person)**

  - 2 nights accommodation at the Mindful Earth Farm and Retreat Centre
  - All workshops and NVC sessions
  - Fully catered, Fri evening through to Sun afternoon
  - Shared room (two single beds)
  
- 3. Private room (double occupancy) all inclusive: \$1028**

**This is the price for 2 tickets, sharing a queen bed (ie. \$514 per person)**

  - 2 nights accommodation at the Mindful Earth Farm and Retreat Centre
  - All workshops and NVC sessions
  - Fully catered, Fri evening through to Sun afternoon
  - Shared room (queen bed)
  
- 4. Camping all inclusive: \$437**
  - 2 nights accommodation at the Mindful Earth Farm and Retreat Centre
  - All workshops and NVC sessions
  - Fully catered, Fri evening through to Sun afternoon
  - Camping Site
  
- 5. Workshop only (no accommodation): \$310**
  - All workshops and NVC sessions
  - Sat / Sun lunch & snacks
  
- 6. Workshop only (no accommodation) + Saturday dinner: \$327**
  - All workshops and NVC sessions
  - Sat / Sun lunch & snacks
  - plus Saturday dinner

Sponsorship may be available if cost is a barrier. Please email Chris your request.

### **★ Cancellation policy**

Sometimes plans change unexpectedly. Whilst we understand this is often out of our control, we'd like to clearly share with you our cancellation requirements. Please note that upon booking, you enter into a shared agreement which includes the following cancellation policy. We welcome discussion and encourage participants to contact us prior to booking for clarity and understanding.

- ★ All bookings made by 5.00pm 8th November are refundable less 10% admin fee.
- ★ Cancellations received after this are non-refundable.

- ★ Bookings may be transferred to another person if you are unable to attend.
- ★ If the retreat is cancelled by the organisers (e.g. due to Covid regional border closures or insufficient numbers) all payments are 100% refundable.

For the health, safety and peace of mind of all participants, we request that you stay home in the event that you are unwell over the weekend. In this case, the training fee component of your payment (excluding cost of accommodation and food) will be refunded.

**★ And finally**

Chris, Lauren and the Mindful Earth team look forward to supporting you in a warm and safe environment. If you have any further questions, please don't hesitate to send a message to Chris [christinegillett@gmail.com](mailto:christinegillett@gmail.com). We will get back to you as soon as possible!

*"Out beyond ideas of right and wrong there is a field. I will meet you there." Rumi*