

Creating Harmonious Relationships

Resolve Conflict without Compromising your Needs



Friday, June 5, 7- 9 pm, Saturday & Sunday, June 6 & 7, 9:30 – 4:30 pm
Transformational weekend in Julian, PA

Deepen heart-to-heart connection using Nonviolent Communication

Learn new ways to transform enemy images into compassion. In this interactive workshop you'll practice self empathy and learn how to get your needs met without shame, blame, coercion or threat.

Contribution: Friday evening: sliding scale \$25.00-\$10. Saturday and Sunday \$270 (includes simple vegetarian lunches). \$30 early-bird discount if you register before May 8. Alternatively with sign-up by May 8, pay \$270 and bring friend or family member for only **half the full weekend price**.

Contact: 814-355-0850 or magicjubilee@yahoo.com

Sunday morning options:

- 1) Beginner's meditation instruction is available at 10 AM at the O-An Zendo for those, who have little or no prior training with respect to meditation.
- 2) Sitting/walking meditation at the O-An Zendo from 11:00 am to 12:30 pm
- 3) practice using NVC to work on specific issues, community-building and/or practice empathy at Ahimsa Village farmhouse from 9:30 am to 12:15 pm

About the Facilitator: Martha

Lasley is a co-founder of FacilitateChange.org, where she works with social activists to "be the change they wish to see in the world." Committed to compassion in action, Martha coaches leaders from all walks of life. She is a certified trainer for the Center for Nonviolent Communication, a global organization created by Dr. Marshall Rosenberg that helps people connect compassionately. She is the author of two books: *Courageous Visions* and *Facilitating with Heart: Inspiring Personal Transformation and Social Change*.



Registration: Open until June 1, 2009

Please register early to insure your space in this valuable workshop. The total number of participants will be limited to insure full participation and interaction of all registrants.

REGISTRATION FORM

Please indicate which workshop(s) you will be attending:

- Introduction to NVC – June 5, 2009 - no registration necessary for Friday only, sliding scale contribution \$25 to \$10 paid at door.
- Creating Harmonious Relationships – June 6 - 7, 2009 - \$270 (or \$240 if registering before 5/8/09)
- Friday, Saturday and Sunday - \$280 (or \$250 if registering before 5/8/09)
- Need accommodations? We will be in touch about low-cost options.
- I am willing to offer a ride to someone, who is interested in car-pooling to this workshop.
- I would like to hear from anyone else from my area, who is willing to offer me a ride.
- I am not able to afford the full weekend workshop fee, please contact me about scholarship assistance. Scholarship applicants are requested to submit this application as early as possible, indicating the amount, which they are able to pay for admission to this valuable weekend workshop

PLEASE PRINT CLEARLY -

Name _____
Affiliation/Organization _____
Address _____
City _____ State _____ Zip Code _____
Phone _____ Email _____

How much training (if any) have you had related to NVC?

Please list any special dietary (or other) needs and we will do our best to accommodate to them, if possible!

Register: To reserve your space please complete this form and return with your check the appropriate amount: \$270 for the Sat-Sun workshop; or \$280 for entire weekend. Early bird discount is \$30 off for people registering prior to May 8th. Please make your check payable to "Ahimsa Village" and mail it with your completed registration form **no later than May 28, 2009** to the following address:

Ahimsa Village
4022 S. Eagle Valley Rd
Julian, PA 16844

For logistics/registration or other questions, details, etc:
Call or email Kelle Kersten at magicjubilee@yahoo.com or 814-355-0850