

# COMPASSIONATE COMMUNICATION

## NVC Weekend Foundation Training

Wholesome organic food  
Beautiful and gentle yoga and relaxation  
Communication for healthier relationships

### What is Non Violent Communication?

Non Violent Communication (NVC) is based on historical principles of nonviolence-- the natural state of compassion when no violence is present in the heart. NVC reminds us what we already instinctively know about how good it feels to authentically connect to another human being. Through its emphasis on deep listening to ourselves as well as others NVC helps us discover the depth of our own compassion.

Susie Spiller is a certified trainer with the Centre for Non Violent Communication, a master facilitator of the virtues project, a teacher of integrated yoga, and passionate about wholesome food and nature, and family.

This weekend is a foundation in creating and expressing authentic connection with self and others. It's a life changer, without question.

Learn easy practices to integrate balance. How we breathe, move, rest and nourish impacts how we think, feel, and see our world. A life-changing foundation in communication with self and others.

Ongoing coaching and support is also available.

**4-5 March 2017**

9:15am - 4:15 pm

**Cost \$280**

6 Sunnyside Place, Glen Eden

To encourage ongoing practice please bring a friend for half price!

To register contact Susie: 021 770 107  
or [susie@susiespiller.com](mailto:susie@susiespiller.com).



**EMPATHY**  
*with* **Susie Spiller**