

COMMUNICATION THAT CONNECTS

MARCH 26TH, 1-4PM



- ✦ **Improve your personal and professional relationships**
- ✦ **Achieve harmony at home and efficiency in the workplace**
- ✦ **Find strategies that meet everyone's needs**
- ✦ **Infuse relationships with kindness, understanding, and spontaneity**
- ✦ **Discover Marshall Rosenberg's Nonviolent Communication (NVC)**

What people are saying:

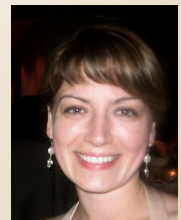
"...the principles and techniques of NVC can literally change the world, but more important, they can change the quality of your life with your spouse, children, neighbors, coworkers and everyone else you interact with. I cannot recommend it highly enough."
- Jack Canfield, author, Chicken Soup for the Soul series

"Marshall Rosenberg provides us with the most effective tools to foster health and relationships. Nonviolent Communication connects soul to soul, creating a lot of healing. It is the missing element in what we do."
-Deepak Chopra

About the trainer:

"When Timyra totes NVC's ability to 'transform your consciousness,' she isn't kidding. Of course, anyone can talk about NVC, but I think Timyra's personality and her life choices have led her on a path."
-Leah Hart, workshop participant

Timyra Cowling trained in Compassionate, Nonviolent Communication while living at the Insight Meditation Society in Barre, MA. She has studied intensively with its developer, Marshall B. Rosenberg, Ph.D. and facilitated workshops in Buddhist, Christian, and non-religious settings.



Cost:	\$30/participant or \$50/two participants who register together
Location:	The Quarry Arts Building: 715 Hill St., Madison, WI 53705
Registration:	To register, contact Matt D'Amour at matt@myinsideoutwellness.com or 608-577-8805.

Presented by:



Curriculum based on the work of Marshall Rosenberg and the Center for Nonviolent Communication,
www.cnvc.org.