

# FOUNDATIONS of COMPASSIONATE COMMUNICATION

FEB 5TH, 10AM-4:30PM



*Foundations* workshops are open to beginners as well as those with previous training in Marshall Rosenberg's Nonviolent Communication (NVC). All will enjoy fresh opportunities to expand & refine their skills, and to deepen their experience of NVC. You will learn skills to:

- + **Integrate NVC into your everyday life**
- + **Feel and sound natural doing so**
- + **Empathize and connect with authority (including parents, bosses, etc)**
- + **Express yourself fully when angry**
- + **Move through the steps of NVC with greater ease and flexibility**

---

“Marshall Rosenberg provides us with the most effective tools to foster health and relationships.”

-Deepak Chopra

---

“Changing the way the world works sounds daunting, but Nonviolent Communication helps liberate us from ancient patterns.”

-Francis Lefkowitz, author,  
Body and Soul

---

More information on the award-winning work of Marshall Rosenberg and the Center for Nonviolent Communication at [www.cnvc.org](http://www.cnvc.org)

<b>Cost:</b>	\$40-\$120 sliding scale is offered. Please choose the highest level that is joyful for you. No one turned away for lack of funds; work exchange available. Students may attend for free.
<b>Location:</b>	The Crossing Building: 1127 University Ave., Madison, WI, 53715 (Corner of University Ave. & Charter St.)
<b>Registration:</b>	Registration Required! Email <a href="mailto:timyra@gmail.com">timyra@gmail.com</a> to express your intention to attend. You will receive information on payment options, lunch, and parking.

## *About the Trainer:*



Timyra Cowling began sharing NVC while living at the Insight Meditation Society in Barre, MA. Her path has taken her from full time youth ministry to sitting at the bedsides of the elderly, and from intensive silent meditation retreats to service in Calcutta, India. She has taught NVC in Christian, Buddhist, and non-religious settings.

“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 has a patient, non-judgemental and inclusive approach that seeks to welcome and hear out all participants.” John Meredith, Practice Group Participant

*Sponsored by The Crossing Campus Ministries. For more information about The Crossing, visit [www.crossingministries.org](http://www.crossingministries.org)*

