

INTRODUCTION TO COMPASSIONATE COMMUNICATION

FEB 26TH, 10AM-4:30PM



- ✦ **Improve your personal and professional relationships**
- ✦ **Engage the power of connecting authentically with self and others**
- ✦ **Enhance your meditation, yoga, martial arts, or other discipline by infusing it with great kindness.**
- ✦ **De-stress with skills for bringing compassion and understanding to any situation**

Come discover life-changing, peace-promoting communication skills based on the award-winning work of Marshall Rosenberg and the Center for Nonviolent Communication, www.cnvc.org

“NVC is one of the most useful things you will ever learn”
William Ury, author of *Getting to Yes* & Founder of the Harvard Negotiation Project

“...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*

Cost:	\$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.
Location:	The Crossing Building: 1127 University Ave., Madison, WI, 53715 (Corner of University Ave. & Charter St.)
Registration:	Registration Required. Email timyra@gmail.com to express your intention to attend. You will receive information on payment options, lunch, and parking.
Level:	This is a beginner level Nonviolent Communication workshop, recommended for those with zero to 20 hours of previous NVC training.



Sponsored by The Crossing. For more information about The Crossing, visit www.crossingministries.org



Workshop facilitator Timyra Cowling trained in Compassionate, Nonviolent Communication while living at the Insight Meditation Society. She has studied intensively with its developer, Marshall B. Rosenberg, Ph.D., and taught Compassionate, Nonviolent Communication to youth and adults in Christian, Buddhist, and non-religious settings.