

# Nonviolent Communication (NVC) Practice Group



After completing the **Introduction to NVC Workshop** please join us for a series of 10 follow-up NVC practice group sessions in Compassionate Communication with Marla Jardine. These 10 sessions will be using the NVC Companion Workbook by Lucy Leu.

Dates: Nov. 7, 2018–Jan. 16, 2019  
Location: Round Room, 612 David St., (Dec 26 off)  
Time: Wednesday Evenings, 6:20–8:30pm (10 sessions)  
Fee: \$200

*Please note that a \$100 deposit is required by Oct 1, 2018.*

The intention of the NVC Practice group is to practice NVC basics, deepen and integrate NVC consciousness so that this work becomes a more natural expression of your daily experience. NVC is more than just tool, it is a consciousness that through experience, can be felt in the body. Learn the principles behind NVC work and have fun doing it! By learning how to love and really give empathy to yourself you will transform your own life and in turn the lives of the people closest to you. Please join us for this time and gain an even deeper awareness of yourself and your life.

To register and confirm your seat in either the 8 Session Introduction to Compassionate Communication Series or the 10 Session NVC Practice Group, please contact Marla by phone or email. Payment by cheques, e-transfer, or credit card.

Phone: [250-709-0256](tel:250-709-0256) Email: [Marla@Mjardineconsulting.com](mailto:Marla@Mjardineconsulting.com)

Please make cheques payable to:

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“Out beyond the ideas of right doing and wrong doing  
there is a field,  
I will meet you there.”

~ Rumi