



MAEZUMI INSTITUTE PRESENTS:

Nonviolent Communication Workshop

October 5th, 10am - 4pm

Location: The Maezumi Institute
177 Ripley Road, Montague, MA 01351

Cost: \$50

Registration: Please contact Anne Seiki Bull at 413-367-2080 ext 3#
or email seiki@zenpeacemakers.org



Roberta Wall is a lawyer, mediator, teacher and coach. She lives in the beautiful Hudson River Valley of Upstate New York and travels the world

coaching couples, individuals and organizations and facilitating workshops and retreats in Nonviolent Communication (NVC) as developed by Marshall Rosenberg.

Roberta uses her 20 years of experience as a lawyer, mediator, coach, teacher, parent and activist in service of peaceful resolution of conflict, individual and organizational growth, and community and spiritual development. Among her students and clients are families in the Hudson Valley, businesses in India, centers in New York City, Mexico, France, California and India, peace activists, court advocates, spiritual communities, teachers, students and healing professionals.

Her website is www.steps2peace.com

The Spiritual Practice of Communication:

Nonviolent Communication (NVC), developed by Dr. Marshall Rosenberg, can be seen as meditation in relationship. Attention to how we speak was a primary directive of Shakyamuni Buddha for practice. Mindful speech raises consciousness. This workshop offers powerful skills to help us speak from the heart and listen whole-heartedly. This supports us in bringing peace and connection to our communities and the world, person by person.

In this special all day Introduction to the Basics of NVC, we will have the opportunity to learn and practice the basic consciousness and skills of NVC that connect us with what is alive in ourselves and in others moment-to-moment.