



Weekend Workshop
May 28th - 30th

SPEAKING TRUE LISTENING DEEP

Communication as Contemplative Practice
with Barbara Bash, Imre Berty and Roberta Wall

Nonviolent Communication, as developed by Marshall Rosenberg, can bring meditative awareness into our communications with others. Working with these communication tools we see our patterns and reactions in our relationships and begin to move beyond them, bringing clarity and connection to our lives. Come explore this shift of view with three experienced NVC practitioners.

The weekend will include short periods of sitting meditation, journaling, and communication practice in dyads and circle. We hope to accommodate a wide range of skill levels by offering concurrent sessions on different aspects of NVC. The program will begin on Friday evening at 7 pm and ends on Sunday at 4 pm.

BARBARA BASH is a Shambhala meditation instructor and artist. She completed the year long BayNVC Leadership Program in 2009. She leads NVC practice groups and workshops at Sky Lake. **IMRE BERTY** has been a meditation practitioner for over 20 years. He is the father of three children and completed the Bay NVC year long leadership training in 2008. He leads NVC courses in Connecticut. **ROBERTA WALL** is a long time student of Thich Nhat Hanh . She offers NVC trainings to parents, social services agencies, NYS Court mediators and most recently at Plum Village in France and in Israel and Palestine .

SKY LAKE LODGE

A Shambhala Meditation Center
22 Hillcrest Lane, Rosendale NY
845-658-8556

Cost: \$325. lodging and all meals
\$225. commuter rate (includes lunch)
Register online - www.skylake.shambhala.org