

EMPATHY & MINDFULNESS

Integrating MBCT (Mindfulness-Based Cognitive Therapy) & Compassionate Communication

Apr 16 – 18

Fri 6 pm – Sun noon

Holy Island

All experience levels welcome



The mutually-enhancing methods of MBCT and Compassionate Communication (based on NVC*) can dramatically increase your capacity to deal effectively with stressful situations. The weekend offers a balanced programme of workshops, meditations, and free time for reflection and to enjoy the beauty of the island.

Learn how to use mindfulness practices to investigate your present experience, including the kind-hearted observation of sensations, feelings and thoughts, shedding light on some patterns of your inner life.

Explore the simple, practical language tools of Compassionate Communication and how they can be used to express mindfulness and empathy so that you can stay in connection with yourself and others.

Build awareness and a caring, non-judgmental attitude towards oneself and others. Integrating both practices, we'll learn to rest in the present moment, in an acceptance that can instill a sense of deep inter-connectedness with all life.

Course facilitators:

Ratnadevi (Dr. Luise Holtbernd) is an ordained Buddhist and has been practising and teaching meditation for over 25 years. She is a certified MBCT teacher and has been practising NVC for 5 years. <http://www.ratnadevi2.talktalk.net>

Claralynn Nunamaker is an experienced leader in Compassionate Communication workshops and director of Compassion 'n Action. She is also an NVC certified trainer candidate and a diploma-level student of Cognitive Behaviour Therapy. www.compassion.org.uk

Course Fee (all-inclusive):
£175 single room,
£150 each twin, £135 dorm.

* **Nonviolent Communication (NVC)** is based on the work of Marshall Rosenberg & the Centre for NVC at www.cnvc.org.

To book a place, please send a non-returnable deposit of £75 per person (cheques payable to 'Compassion 'n Action') with your contact details to: *Compassion 'n Action, 10 Inzievar Courtyard, By Oakley KY12 8HB*

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BOOKING FORM

I would like to book (please tick) Empathy & Mindfulness Apr 16-18
I have special dietary needs Please specify: _____
Name _____
Address _____

Phone _____ Email _____
Type of accommodation of my choice: _____