

The dates for the NVC training have been chosen as July 15 and Sept 9th, 9:30-3:30pm.

We encourage attendance at both sessions, though those who cannot get to the first will be very welcome at the second. Look for information and a link on how to register in an upcoming Temple Happenings and email.

Nonviolent Communication as a Spiritual Practice Part I

*Facilitated by Marcia Christen, Certified Trainer with the Center for
Nonviolent Communication*

When: Sat, July 15th and Sat., September 9th, 9:30-3:30pm.

Where: Chobo-Ji Zen Center

Chobo-Ji's Board and Restorative Processes Committee invite all who come to Chobo-Ji for zazen to join us in these two community-building workshops. We believe that these workshops are integral for the health of our community and ask that you do everything you can to attend. We recognize that self awareness, self-compassion, and communication practice, just like meditation practice, must be ongoing to become internalized and stay vital, and we hope to have as many people practicing together as possible.

*We request your presence at these trainings even if you have taken NVC or other communications training in the past. It's important for us to do this work together, now. **There will be opportunities to use the training to address issues you'd like support for, whether these come from your personal relationships, your inner work, or community issues.***

At the July 15th and September 9th training you will learn and practice:

- ways to take your spiritual practice to a deeper level by increasing your self-awareness,
- how to listen empathetically - increase your ability to be present with whatever is happening,
- speaking authentically with care that leads to greater understanding, connection and

gratitude.

These will be the building blocks for relationship and community care and restorative responses to misunderstanding and/or conflict.

In the fall or winter we hope to offer NVC as a Spiritual Practice Part II which could include:

- proactive conversations
- working with regret and expressing regret
- support for conflict resolution and restorative practices

And we hope to offer a monthly practice group or groups using a workbook called [The Ongo Book](#), by Jesse Weins and Catherine Caden, that combines Zen, Insight Meditation and Nonviolent Communication. I look forward to exploring this work together. Warmly, Marcia Christen

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