



SATURDAY, OCTOBER 27 | 9:30 A.M. - 4:30 P.M. | CHOBO-JI ZEN PRACTICE CENTER



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

Register at: <https://goo.gl/YqfUCy> .  
The general public is welcome to attend,  
as well as Chobo-Ji students, so don't  
hesitate to invite friends and family. **Dana  
in whatever amount you choose will be  
gratefully received.**

*Please note that we hope to offer Introduction to  
NVC, Part II, in January, 2019, with internationally-  
known Certified Trainer, Kathleen Macferran.*

This introductory training is designed to enhance our Buddhist spiritual practice by fostering self-awareness and our ability to be present to others, even in the face of challenges. Empathy, authenticity, deep listening for better understanding, and loving connection are cultivated. These are the essential building blocks for harmonious sangha relationships.

**ChoBo-Ji Zen Practice Center**  
1733 S. Horton St  
(downstairs rear entrance)  
Seattle, WA 98144



[www.choboji.org](http://www.choboji.org)