

CULTIVATING COMPASSION
A Daylong Nonviolent Communication Practice Gathering
Saturday, September 11th. 10am-6pm



We welcome you to join us for a daylong NVC practice gathering on at a private home in Lemon Grove. We will come together to sense into what topics are most alive for each participant and invite practice clusters to form around these topics.

image by vera "Dyomka" vakulenko

Come seek support, companionship, self-expression, inspiration, learning, and growth as we ask ourselves...

- . When it comes to living daily from compassion, what has most life for me?
- . What are my challenges?
- . Where am I getting stuck?
- . Where might I want to request empathy?
- . What blocks me from expressing honesty and empathy?
- . What am I learning that I might feel called to share with others?

When: Saturday, Sept. 11th 10am-6pm

What: an opportunity for dedicated NVC practice on those topics that are most alive for us.

Where: private home in Lemon Grove, Calif.

Cost: \$15 (no one turned away for lack of funds).

Bring a snack to share! And bring your own lunch!

Register online at <http://compassion2sd.eventbrite.com/>

For more information, contact Raffi at raffi_1970@yahoo.com