

Living Our Authentic Self

An Intermediate Nonviolent (Compassionate) Communication Workshop
Led by **Robert Gonzales** to Connect Us to the Deepest Longings of Our Hearts

March 3-5, 2017

Eugene Garden Club, 1645 High St., Eugene, OR

9am-6pm (Fri & Sat), 9am-4pm (Sun)

"There is a basic life current or impulse resonating in and through us as a yearning of the heart. This current and yearning manifests as human needs and values."

– Robert Gonzales

Through individual work, small group and whole group practices, meditations, and talks, Robert will lead you on a journey into your own essential living energy.

Participants will experience:

- Practices to stay connected to your authentic essence
- A deep capacity for self-acceptance and self-compassion
- Practical ways to bring compassion into your relationships
- Increased capacity for vulnerability and mourning
- A clear sense of your own spirituality
- An enhanced sense of trust in your own purpose in life

Cost: \$350 for 3 days (or \$300 if enrolled before January 15, 2017)



Robert Gonzales was certified as a trainer of Nonviolent Communication (NVC) in 1986 by Marshall Rosenberg. He has led over 20 International Intensive Trainings and hundreds of NVC workshops throughout the world. Robert has a Ph.D in Clinical Psychology and is the Founder/Director of the Center for Living Compassion in Portland, Oregon.

For Information or Registration

Email: ClassInquiry@comcast.net or Call: 541-686-3056

(Prior NVC training or experience is recommended)