



Awakening our Passion, Living in Compassion

Join us for a 3-day training in «Living Compassion»

Oslo, April 7 – 9, 2015, every day 9am – 5pm!

The focus of this workshop is to deepen the consciousness of compassion as a means to engage in a living practice of NVC every day, moment to moment. You will be introduced to and practice processes that Robert Gonzales has developed to deepen self-awareness, self-compassion and living compassion in relationships. These processes may include:

- *Deepening Awareness of the Beauty of Needs*
Transforming the Pain of Unmet Needs to the Beauty of Needs
Compassionately Embracing/Transforming Core Beliefs
Preparation for Authentic Dialogue

The seminar will be in English.

Robert Gonzales is an internationally recognized CNVC-certified trainer. This is his first seminar in Norway.

We ask participants to have at least 2 days of NVC-training before the seminar.

You are welcome to our introductory NVC seminar (in Norwegian) which will also focus on Robert's processes. Dates: **March 14–15 2015** with the NVC-trainers Anniken Poulsson Beer, CT, and Ida Rump. More information about this seminar will follow.

Anniken and Ida have both participated in Robert`s seminars and are saying:

«Thanks to the seminars with Robert I`ve got to know myself better and I like myself more.»

«With the help of Robert`s approach I am more capable of being at peace with all my feelings and experiences.»

Tuition fee: Members of NVC Norway (IVK Norge): NOK 3750,-. Others NOK 3950,-
This includes tuition, lunch, tea/coffee and fruit.

Registration and information:

Anniken P. Beer, [annikenpbeer at gmail.com](mailto:annikenpbeer@gmail.com) Cell phone: +47 97779 171

Ida Rump, [ida.rump at enivest.net](mailto:ida.rump@enivest.net) Cell phone +47 975 82 145

Registration dates:

The deadline for registration is February 1, 2015.

You sign up by paying to this account: 1254.05.56723. If you need IBAN and BIC numbers, contact Ida. Mark the transfer Robert Gonzales April 7-9, and send a mail to Anniken or Ida to confirm your registration. If you wish to pay in two installments, let us know.

You can also let us know if you have needs you want us to tend to around the lunch. We will make an effort to meet them.

Cancellation: Before March 1 your full payment will be refunded. Before March 15 half of the payment. After March 15 no repayment. You may, however, send another person as a substitute at no extra cost.

Location: [Lovisenberg gjestehus, Oslo](http://www.lovisenberg.gjestehus.oslo.no). If you are in need of lodging during the seminar Lovisenberg gjestehus offers lodging at a moderate price in beautiful, quiet surroundings. You can book your room here: www.lovisenberg.no/gjestehuset.

Lovisenberg: We recommend that you book your room when you register for the seminar.

Room with a shared bath NOK 500,-

Room with a private bath NOK 800-950

The second guest in a double room, NOK 200,-

All prices are including breakfast.

How to get to Lovisenberg gjestehus:

Bus 37 leaves from Oslo city around the clock. The shuttle bus has a stop within walking distance from Lovisenberg. For more information see: <http://www.lovisenberg.no/om-oss/kart-og-adkomst>

**Warmly
IVK Norge**