



Mindful Communication

The Language of Presence

Saturday, March 14th, 2020, 2:00-5:00 pm

Are you ready for ease and flow in your relationships?

Experience the internationally-acclaimed approach, *Nonviolent Communication, NVC*, communication as spiritual path, how to view ourselves and others with the eyes of compassion, how to deepen contact with yourself and others. Explore proven practices, realize connection, harmony and joy in everyday interactions with your family, friends, community. The 'sweet spot' is waiting for you!

Learn tips, tools and skills you can use immediately:

- Deepen into presence, peace, harmony
- Fine-tune the art of empathy
- Attune to feelings and needs
- Resolve conflict, argument, negativity
- Align your words with your heart's intention

Facilitator: **Barbara C Wiebe**, BEd, CPC
www.ConsciousCommunication.info

Barbara is a Certified Life Coach and NVC Facilitator, blending her extensive training in Nonviolent Communication (NVC) with her dedication to mindfulness, yoga and awakening – the inner journey of realizing wholeness and profound well-being. Barbara has been offering workshops and personal coaching since the 80's, accompanying fellow travellers in the work of transforming ourselves, our relationships and the world we live in.



“Barbara brings love and delight to the class. Every minute was precious and enlightening.”
Workshop participant, Mimi Fang

Registration: www.yogamcc.com/workshops 403-251-9642

Location: Yoga & Meditation Centre Calgary, 2028b-33 Ave SW (Marda Loop)