



# Mindful Communication

## Opening to the Flow of Connection

**Saturday, October 5<sup>th</sup>, 2019, 2:00-5:00 pm**

### Are you ready for genuine connection in your relationships?

Barbara will present the internationally acclaimed approach of 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 other people. Experience proven practices, realize connection, intimacy and joy in everyday interactions with family, friends, community. The 'sweet spot' is waiting for you!

Learn tips, tools and skills you can use immediately:

- Deepen presence, peace, harmony
- Empower empathy and understanding
- Heal the wounds of disconnection
- Defuse argument, resolve conflict
- Access the heart of compassion

Facilitator: **Barbara C Wiebe**, BEd, CPC  
[www.ConsciousCommunication.info](http://www.ConsciousCommunication.info)

Certified Life Coach, NVC Facilitator, mindfulness and yoga practitioner, Barbara blends her extensive training in Nonviolent Communication (NVC) with her long-time interest in relational approaches to trauma-healing. Barbara has been offering workshops and personal coaching since 2006, bringing her passion to share the journey 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.”**  
Participant, Mimi Fang

Registration: [www.yogamcc.com/workshops](http://www.yogamcc.com/workshops) 403-251-9642  
Location: Yoga & Meditation Centre Calgary, 2028b-33 Ave SW (Marda Loop)