

nonviolent communication

with rhonda mills



SANGHA YOGA

*Downtown Kalamazoo's Center for Yoga
Meditation and Movement*

October 2nd:
8:30-11:30 & 1:30pm-4:30pm

\$95 pre-registration before 9/25
\$120 at the door

NONVIOLENT COMMUNICATION (NVC)

Nonviolent Communication (NVC) is a process developed by international peacemaker Marshall Rosenberg. One central tenet of NVC is that everything a human being does (whether benign or hurtful) is an attempt to meet their human needs. NVC postulates that conflict between individuals or groups is a result of miscommunication about these needs, often because of coercive or manipulative language (e.g., inducing fear, guilt, shame, praise, blame, duty, obligation, punishment, or reward). The NVC process is intended to help people communicate with greater compassion and personal clarity. Communicating in the NVC style offers a chance for everyone to be fully heard and understood. The goal is to get at least some of everyone's unique needs met. NVC focuses on two things: 1) *honest self-expression*: exposing what matters to oneself in a way that's likely to inspire compassion in others, and 2) *empathy*: listening with compassion. The process is relatively simple to learn, and when utilized regularly creates profound changes in the way we communicate. Many people report immediate benefits in their interpersonal and professional relationships after learning the process.

RHONDA MILLS, CNVC Certified Trainer, ParaYoga Certified Teacher Level II, and Certified BodyMind Coach

Rhonda has taught dance and creative movement to adults and children over the last twenty years. After several workshops and teacher training with Erich Schiffmann she began teaching yoga in 2001. In early 2006, Rhonda became a Certified Trainer with the Center for Nonviolent Communication. Since 2006, she has shared this life-changing practice with people in weekend workshops around the country. After many years of study, Rhonda became certified with Rod Stryker and became a ParaYoga (R) Teacher Level II in June, 2009. Passionate about awakening, transformation, and Yoga, she brings a sense of play and body-centered presence to her workshops and events in St. Louis, Missouri and around the country. To learn more visit www.celebratelifewithrhonda.com.

PRE-REGISTRATION: Must be received by 9/25 for discount. Mail check with this form to Sangha Yoga

Name(s) _____

Contact # _____ E-mail _____

Please write class dates, the number of attendees, and total payment enclosed:

NVC workshop 10/2/10: # of participants _____ x (\$95) _____



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MALL PLAZA 157 S. KALAMAZOO MALL, SUITE 140 :: KALAMAZOO MI 49007 :: (269) 232-0983

WWW.SANGHAYOGA.COM