

COMPASSIONATE COMMUNICATION WEEKEND WORKSHOP

at Peregian Beach with Kristen Gooch

An invitation to explore how we can connect or disconnect
in our relationships with our choice of language.

Based on the work of Marshall Rosenberg PhD. and Robert Gonzales PhD.

ONLY EIGHT PLACES AVAILABLE



**“Happiness is when what you think, what you say,
and what you do are in harmony.”
— Mahatma Gandhi**

WHEN: SATURDAY 21st and SUNDAY 22nd OCTOBER 2017 9.15am (9.30 start) - 5pm

WHERE: 39 LORILET STREET, PEREGIAN BEACH, QLD.

BRING: YOGA MAT, NOTEBOOK AND PEN, WATER BOTTLE

COST: \$190 (\$150 concession) includes morning and afternoon teas, and a simple lunch.

RSVP: BY FRIDAY 12th OCTOBER email kgooch777@gmail.com or 0431 778 558

Call or email if more details are required. Please pay full amount by 12th October to secure your place.

Testimonials

"Loved the open compassionate space created by you Kristen, and the flow and elasticity of the days' structure. It made opening and vulnerability very easy. The process itself provides a simple tool which facilitates a deepening awareness of one's own feelings and needs and a way to connect empathically with another which I found to be transformative in the exercises today." ~ Karen Emans - Valdora

"Thank you for a wonderful weekend of learning and connection. The workshop provided a good mix of mindfulness, theory and practical exercises." ~ Gail - Marcus Beach