

Embodying Nonviolent Communication

the wisdom of the body and....MORE ABOUT THE 5 ELEMENTS

discover what you communicate beyond words
transform self limiting beliefs and habits
work with your individual learning edge

take decisive action that aligns with your values
walk your talk with power and compassion
increase your empathic listening skills

Ground



Under-Standing

When you walk into the unknowns of life and relationships, it is stabilizing and empowering to know the ground you stand on, what is meaningful for you. During this retreat we will learn practices to connect more deeply to our senses, intuition and emotions....that connect us to what we care about. Knowing the ground we stand on -and that is beneath us all- brings under-standing to us.

Water



Connection to all our Relations

Water represents the ocean of relationships we swim in. We explore imaginative physical & emotional practices that develop empathic listening skills to connect more fully to all our relationships. Working through the body we return again and again to the energy we live and experience in the present moment. Through self-empathy practices, we transform habitual core strategies into generative resources for connection, contribution and collaboration.

Fire



Finding Your Voice & Walking Your Talk

When we know what we deeply care about and are connected to all that supports us, we can relax and access higher awareness. We can also listen more clearly and speak what is true for us with greater confidence and clarity. Fire practices learn us to fully embody what we say, with greater inclusivity and understanding. You will speak your truth with greater clarity, power and compassion.

Wind



Stop taking others Personally

We start developing self-listening skills that inform us of what we can handle or not in relationships. We redefine boundaries as shock absorbers that tell us when to move and when not to. The wind element is essential for a healthy autonomy, buoyancy and adaptability in the midst of relationship. We practice effective ways for not taking words too personally and for regulating interactions in ways that help us to stay centered, creative & balanced.

Space



The music between the notes

Connecting to the source behind behaviour, we explore practices that increase our capacity for inclusivity and improve our ability to re-centre quickly. By tuning into the rhythms and vibrations of the natural world, we develop an intuitive sense of timing, supporting empathic connection. Our attention will start to notice and direct subtle internal sensations, essential for empathic listening. We'll use the space around and within us as a resource for self-organizing and support.