

NVC retreat on a beautiful Greek island

**Soak up the rays of the sun and
practice NVC skills with kindred spirits!**

19th – 26th September 2009



**6 days of learning & sharing
in a supportive environment**

with

**Marianne Göthlin,
Louise Romain & Towe Widstrand,
certified CNVC trainers**

Based on the reassuring feedback from the 2008 retreat, we are excited to return to Rosy's Little Village to offer another rich experience. This retreat allows you to combine learning and practising NVC in a relaxing, informal, nurturing environment that helps you integrate your insights. The schedule offers plenty of time to practise and learn and also space for relaxing interactions with fellow participants.

PLUS... delicious food, sun and fun learning!

Join us for an experience to remember...

With **human needs as the central focus**, imagine three experienced NVC trainers supporting you with a wide range of styles, practice and patience. You have time to deepen your NVC skills to gain knowledge and fluency, developing compassion and empathy for yourself and others.

This retreat is designed to encourage conscious NVC practice, taking time each day to notice and appreciate life and to deepen self-awareness. The specific course contents are tailored according to what you want to learn, offering support in: inner transformation, self empathy, deepening empathy skills, standing up for your own needs, dialogue practice in challenging situations, "screaming" and "hissing" in giraffe, presenting NVC, pre-certification support, dance floors, sharing NVC with others...



Marianne

Towe

Louise

Marianne Göthlin is particularly interested in sharing her in-depth NVC experience in education, with school staff and parents. Marianne has 11 years experience of running a school based on NVC values, serving as a trainer in many IITs with Marshall Rosenberg.

Louise Romain is known for her lively yet sensitive approach and focussing on inner transformation, Louise offers NVC public courses all over Europe plus coaching and mediation for individuals and couples.

Towe Widstrand has more than 20 years experience of sharing NVC in various settings, both public groups and in organisations. Towe has offered courses in more than 20 countries and is part of CNVC's certification team. She has also served as a trainer in many IITs.

Our common intention is to **create a rejuvenating NVC experience** in a caring and life-serving environment to share with you.

Rosy's Little Village on **Agistri island** is our host for the course, just 30 metres from both sandy and pebble beaches on the clear Greek sea. Rosy's offers genuine Greek atmosphere with locally-sourced Greek traditional food, mostly organic, and accommodation with clean, simple rooms.

Learning, relaxing and eating will take place near the water, giving you time to take in the splendid views of distant islands. Greece's sunny climate means that you can swim before, between and after workshops!

We (the trainers) chose Rosy's as an ideal retreat location for living NVC as Agistri is the smallest of the Saronic islands and also the greenest, the most picturesque and the least developed island. It is not in the chain of island hopping and therefore not built up. Rosy's has bicycles on which you can explore the island or you can rent a moped in the harbour town of Skala, which is a 10 minute walk. More information at www.rosyslittlevillage.com

From Athens airport, travelling to Agistri is easy. If you want to add extra days to your stay at Rosy's before or after the course, other beautiful islands like Poros and Hydra are close enough to be visited in one day. Aegina, a 15 minute ferry ride away, is a great place for shopping and having lunch in the bustling harbour.

Course fees include course, half board and lodging:

Tea, coffee, fruit and shared accommodation are all included, starting with dinner on the 19th September, a farewell dinner on the 25th, before departures on the 26th.

Early bird enrolment before 1st June : 1000 €

After this date : 1200 €

Travel to the retreat, alcoholic drinks and five evening meals are not included in the price - the first and last evenings are included.

Expect to pay around 15€ for a two-course evening meal at Rosy's or you may choose to eat in one of the other restaurants on the island. Please contact Louise with questions or to register.

Here are a few experiences that last years' participants have shared with us. We hope they inspire you and help you connect to the value of participating in this retreat:

"A perfect mix of intense work and sharing in an easy-going environment, combined with time in a beautiful place with excellent Greek food, early morning swims, biking, and paddling in the sea to support me to relax and smile!"

Kaspar Ritz, Switzerland

"I enjoyed the NVC retreat so much, having the opportunity of deepening my understanding of NVC in a beautiful environment and at the same time making the acquaintance of the other fantastic participants from many different countries."

Sylvia, Sweden

"I experienced idyllic surroundings, the warmth and comfort of the Mediterranean sea, the nurturing of good food and companionship, and a professionally delivered NVC workshop. We had time to work and practice NVC, have tuition from the 3 top trainers, have pre-breakfast, lunch and tea swims, meet people from all over the world, and talk about things that matter to us. Rosy's is pretty, friendly, spotless, music-loving, and safe. All highly recommended."

Luli Harvey, London UK