



# **NVC retreat 2013**

## **on the beautiful coastline of**

### **Portugal**



From the evening of **Friday 17th May to Thursday 23rd May** with either **2 / 4 / 6 full days** of learning & sharing in a supportive environment in Portimão with Louise Romain, trainer certified with CNVC.

Do you long to awaken your self-care skills and enjoy the ease and fun of loving yourself more? Are you unsure about how to use self-care to deepen self-growth? Or would you simply like to skip the standard holidays this year and make this year a really unique experience? If so, then this intensive 6-day workshop is designed for you.

With fun exercises in a relaxing atmosphere, this small group workshop with kindred spirits helps you recreate the joy of self-expression, liberate yourself creatively, whilst enjoying the sea and the sun.

And I haven't even mentioned the food... ...yet!

This is the perfect place for people who want time out to deepen their NonViolent Communication skills and awareness, particularly focussing on self-care and self-acceptance. And be inspired by the natural beauty of the Algarve and the easy friendship and support that Louise offers!

The schedule offers plenty of time to practise and learn, to have supportive interactions with fellow participants and also space for gentle holiday-style relaxing.

**Join me for an experience to remember...**

With human needs as the central focus, imagine the support of an experienced NVC trainer with a wide range of subjects and themes to offer. 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 needs-conscious practice, taking time each day to notice and to deepen self-awareness.

My intention is for you to leave this retreat with more self-confidence, more self-love and a more satisfying and authentic relationship with yourself and others, a deep sense of wholeness and inner peace, a solid connection to your intuition AND proven tools and techniques to help you manifest your intentions with ease and continue your growth!

I purposely limit the size of the group to ensure you have the opportunity to get personal support from me as the trainer supporting your learning, comfort and care. The specific course contents are tailored according to what you want to learn, including: self empathy, deepening empathy skills, inner transformation and healing, standing up for your own needs, dialogue practice in challenging situations, coming from a powerful place of being authentic, pre-certification support...



Louise

*"I'm best known for bringing liveliness, creativity and awareness to group needs where I enjoy supporting clarity and safety for the group. I established my freelance business in my early 20's, working as a human resources consultant within client business organisations. I've lived in France since 1993 and I offer NVC public and in-house courses in Europe, Africa and Asia. Since discovering NVC in 2005, I have served as an assistant at many IITs with Marshall Rosenberg with whom I did all my training to become a trainer certified with CNVC. I am a co-founding member of NVC Education Europe, and I'm an active member of other circles in the NVC network, including Education in France and Africa, most recently in Congo and Rwanda. I offer courses and private sessions to individuals seeking to learn and live the needs consciousness which NVC supports. I am particularly interested in sharing my NVC experience with parents and teachers.*

***My intention is to create a rejuvenating NVC experience to share in a caring and life-serving environment."***

This part of Portugal is a simple, beautiful, quiet, inspiring place to be, calm down, catch your breath and forget, at least for a little while, that there was any such thing as a rat-race.



The view out towards the Atlantic and the sound of the waves will hopefully take your breath away every morning. And of course Portugal's sunny climate means that you can swim before, after and even in between sessions! Long sandy beaches on the clear Atlantic sea offers genuine Portuguese atmosphere with locally sourced traditional food and accommodation with clean, simple rooms. There are wild walks on the 4 km of beach just in front of the hotel where you can also explore stand-up paddling or go for an invigorating run before or after a day's training.

**Course fees** in Euros (individual rate and *company rate*)

2 days:	208	332
4 days:	395	631
6 days:	624	996

These prices are for course fees and documentation, with tea, coffee and fruit all included during the course workshops.

Travel, alcoholic drinks and accommodation are not included in the price.

**For registration and questions**, please contact Louise at [louise.romain@wanadoo.fr](mailto:louise.romain@wanadoo.fr)

Alexandre, local co-ordinator of this course, has organised different accommodation for different budgets, with both single and shared bedrooms, ranging upwards from 15€ per person per night.

After enrollment, we will send you confirmation by email with payment details. Once you have paid, you're free to book your travel. In the unlikely event of me cancelling this course due to illness, you will have the choice to attend with one of my colleagues certified with CNVC or you can opt for a full refund of the course fee. As I am not responsible for any other money that is not refunded (travel costs, accommodation...), I strongly advise you to pay the 15€ or so to buy yourself a cancellation insurance policy.

Some people enjoy a little more information about what attending courses with me are like, so here are a few experiences that participants have shared on video:

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<http://peacefactory.fr/english-testimony-greece-valid/?lang=en>

I hope they inspire you and help you connect to the value of participating in this retreat...

For more information on the surrounding areas :

Wildlife : Ria do Alvor (15 minutes walk) .

<http://www.algarvewildlife.com/reserves-riadealvor.php>

For more photos of the natural park, please see Ria do Alvor:

[https://www.google.pt/search?q=the+ria+de+alvor&hl=pt-PT&client=safari&tbo=u&tbm=isch&source=univ&sa=X&ei=L\\_kMUcTrDc-XhQfPpoDoCQ&ved=0CD8QsAQ&biw=1024&bih=673](https://www.google.pt/search?q=the+ria+de+alvor&hl=pt-PT&client=safari&tbo=u&tbm=isch&source=univ&sa=X&ei=L_kMUcTrDc-XhQfPpoDoCQ&ved=0CD8QsAQ&biw=1024&bih=673)

Costa Vicentina : 45 minutes by car....wild Nature. <https://www.google.pt/search?q=costa+vicentina&hl=pt-PT&client=safari&tbo=u&tbm=isch&source=univ&sa=X&ei=sfkMUcDQB8OQhQf-1IGgCg&ved=0CEcQsAQ&biw=1024&bih=673>

## **FAQ & Answers:**

*How does sharing a double room work?*

A: To keep prices for a wide number of budgets, we offer accommodation sharing a double bedroom with someone who speaks a common language. If you come with a friend, please indicate that you'd like to share a room when you book.

*Can I book shared accommodation if I come alone?*

A: Yes. If you don't say with whom you'd like to share a room, we will endeavour to put you in a room with someone of the same sex, maybe the same language, and as close in age as possible.

*Can I book a single room?*

A: Yes, please inform Alexandre once you've enrolled of your request.

*Are all the rooms the same?*

A: No and part of the charm of this course is the variety of bedrooms that are offered.

*Can I book an early-bird price?*

A: No, we don't offer an early-bird price. If you're on a tight budget, you can save money by opting to share a triple room.

*Can I book flights and hotel yet?*

A: We suggest you don't book anything until we have fully confirmed your enrolment for this course. If you do, any cancellation charges are your responsibility.

*When's the latest I can book?*

A: Whilst you can take advantage of booking your flights early once your place is confirmed, there is no date limit to book. The last available place determines the latest date and so the sooner you book, the better.

*What happens if the course is fully booked?*

A: Your name will be added to a waiting list.

*How long does the retreat last?*

2 / 4 / or 6 full days of course-work.

If you would like to add extra days to your stay before or after the course, please let Alexandre know when you book.

*What's the best time for a flight home?*

A: The last day of the course ends on Thursday at 18. If it's a rush to get to the airport for a flight that leaves at night and you want a "less stress" journey, find a flight that leaves you enough time to get there or spend an extra night in Portimão, Faro or Lisbon!

### *How do I get to Portimão?*

A: We aim to make your journey as smooth and comfortable as possible!

From Faro airport:

*(roughly 1 hour onward travel from Faro airport)*

i) from Faro Airport to the Coach Station: by taxi (about 10€) or bus: [http://www.eva-bus.com/novo/resultado\\_pesquisa.php?origem=Aeroporto&destino=Faro%28Av.Republica%29&servico=0](http://www.eva-bus.com/novo/resultado_pesquisa.php?origem=Aeroporto&destino=Faro%28Av.Republica%29&servico=0)

ii) from the coach station at Faro to the coach station at Portimão: [http://www.eva-bus.com/novo/resultado\\_pesquisa.php?origem=Faro&destino=Portim%E3o&servico=0](http://www.eva-bus.com/novo/resultado_pesquisa.php?origem=Faro&destino=Portim%E3o&servico=0)

iii) Taxi from Portimão to the venue/hotel: 10 minutes (about 10€)

From Lisbon airport:

*(roughly 3 hours onward travel from Lisbon airport)*

i) from Lisbon airport to the coach station: by taxi (about 12€):

ii) From Lisbon coach station ( called “sete rios” bus station) to Portimão: [http://www.eva-bus.com/novo/resultado\\_pesquisa.php?origem=Lisboa&destino=Portim%E3o&servico=0](http://www.eva-bus.com/novo/resultado_pesquisa.php?origem=Lisboa&destino=Portim%E3o&servico=0)

iii) Taxi from Portimão to the venue/hotel: 10 minutes (about 10€)

### *Can I apply for financial help?*

A: Working each year in Thailand and African countries, I have no funds left for scholarships for this course but I can offer payment for the course in instalments. Please ask me for details.

### *I'm feeling a tad squeamish about the economy in Portugal*

A: No need. Tourists in Portugal generally are contributing to stabilising the economy and helping pay people's salaries which in turn feeds their families.

### *Other questions?*

If your questions are not answered in this flyer, please contact me at [louise.romain@wanadoo.fr](mailto:louise.romain@wanadoo.fr) I will endeavour to reply directly to you. Please note that I often offer NVC courses (for example, I'm in Thailand from 12th February to 15th March), so it's easier for me if you address your questions by email rather than by 'phoning me in France.

For questions on Portugal, travel and accommodation, please contact Alexandre at [alexandre.meyer.candon@gmail.com](mailto:alexandre.meyer.candon@gmail.com)

**Accommodation:**

We have negotiated a special rate at the Hotel Pestana Praia where this course takes place:

(all prices in €)	Single room	Double room for 2 people
Classic Garden view	72,00	84,00
Classic Sea view.	92,80	104,80
Superior Sea view:	100,80	112,80
Suite:	142,40	

Prices include breakfast : more information on the hotel:

<http://www.pestana.com/en/pestana-alvor-praia/pages/home.aspx>

There are many other places to stay. Some of the other hotels nearby are:

<http://www.pestana.com/pt/reservations/pages/availability-search.aspx?country=179&region=3&hotel=46&check-in=17-05-2013&check-out=24-05-2013&adults=1&children=0&rooms=1>

Other options : Small apartment for 3 people.

<https://reservas.prainha.net/en/central-de-reservas/pesquisa-de-resorts?resortID=17&typologyCategoryID=31&start=17-05-2013&end=23-05-2013&occupation%5B164%5D%5B204%5D=2&occupation%5B164%5D%5B205%5D=0&occupation%5B166%5D=0&x=70&y=25>

<https://reservas.prainha.net/en/central-de-reservas/pesquisa-de-resorts?resortID=49&typologyCategoryID=31&start=17-05-2013&end=23-05-2013&occupation%5B164%5D%5B204%5D=2&occupation%5B164%5D%5B205%5D=0&occupation%5B166%5D=0&x=75&y=21>

There is also shared accommodation in a private house in Prainha, 15 € per person per night for a room shared with 3 or 4 people. Please contact Alexandre : [alexandre.meyer.candon@gmail.com](mailto:alexandre.meyer.candon@gmail.com)

You may be able to share a double room with twin beds with another participant. Please let Alexandre know your request when registering for the course.