

Empathy as a Way of Being:

Four Transformative Days of Learning
to Live a More Compassionate Life

with Mary Mackenzie



Empathy as a Way of Being is a women's retreat designed to facilitate deep growth and transformation. Using the principles of Nonviolent Communication, meditation, and the work of Eckhart Tolle and Pema Chodron, we will dive into the following topics:

~Healing and Forgiveness ~ Mourning ~ Empathy ~ Self-Empathy ~ Honest Expression~

Through Mary's leadership and nurturing community, you could:

~ Experience a deepening in your empathy process, taking it to the next level.

~ Increase self-compassion through self-empathy.

~ Find out what prevents you from giving empathy and learn ways to clarify your choices in such moments.

~ Enhance your skills for empathic connection.

~ Explore street empathy for natural flow in your connections.

This retreat is about deepening your ability to embody empathy for others and ourselves!

It includes several hours each day of personal time for you to rest and rejuvenate through walks, journaling, napping, etc.

When: Thursday May 31, at 4 p.m. through Sunday, June 3 at 3:00 p.m.

Where: Dubose Retreat Center, in beautiful Monteagle TN!

Fees: 1. Shared room, all meals, lodging training fees included - \$550 through April 19; \$650 after April 19;

2. Single Room with shared bath, all meals, lodging, training fees included - \$650 through April 19; \$725 after April 19

For Information: Contact Carlene Robinson via phone @ 615-347-4644

Online Registration [HERE](#) (space is limited! So please, register soon to reserve your spot!)

MARY MACKENZIE, MA, is a CNVC Certified Trainer, author of Peaceful Living: Daily Meditations for Living with Love, Healing and Compassion, executive director of Peace Workshop International and Cofounder/Lead Trainer of the NVC Academy.