



NVC - WHERE IS IT LEADING YOU?

There is a **Moment Of Choice** that occurs in conversations when one begins to feel frustrated, upset, even sad or happy. Our responses are often unconscious reactions to this Moment.

Habitually, we go straight to our thoughts rather than to our body when we respond.

NVCNashville offers its next workshop proposing we flip the script by starting first from the awareness of our bodies rather than our thoughts - especially when the conversation is difficult.

In this 3 hour workshop, we'll learn how to appreciate the wisdom of our bodies.

Living the practices of Nonviolent Communication encourages us to listen to our bodies pointing us to a need, a quality of life, it hold seeking to be expressed.

From these somatic touchstones, we're more likely to respond in a way where we and others can be heard.

Please JOIN US!
as we explore
**Living
NVC....**

**From The Inside
Out**

**Saturday, Nov. 20
9:30-12:30**

Fee: \$30

Register Here!

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