

5-day residential workshop
with

David Weinstock

“An Embodied approach
for Living NVC”

May 10-15, 2022
in France

Organized by

NVC

BEYOND

BORDERS



AN EMBODIED APPROACH FOR LIVING NVC

with David Weinstock

Come and explore NVC beyond words through a body approach based on Aikido and Somatic Psychology!

NVC is a practice, a consciousness and in its fullness a lifelong learning path. David Weinstock's somatic /body awareness practices integrated with NVC's brilliant linguistic skills bring our deep caring nature into the foreground of living.

Listening and speaking empathically when we are in pain is very difficult. David's somatic approach for embodying NVC helps to develop self-awareness and the skills needed to reconcile the inconsistencies between our hearts and our lips, what we say and what we do, and brings coherence of communication anchored in what we most deeply care about.

Together we'll explore gentle physical and verbal practices to deepen empathic listening skills for self-healing, finding our voices, making comprehensive choices, harmonizing difficult conflicts within and around us, and effecting positive change – whether personal, social, environmental or political.

“I FELT TOUCHED, EMBRACED BY THAT ESSENCE OF NVC THROUGH YOU. AS MANY OF US EXPRESSED, THE QUALITY OF CONNECTION AND THE LEARNING ENVIRONMENT YOU CREATED WERE DEEPLY NURTURING AND SUPPORTED US IN LIVING THE PRACTICE.”

LUCY LEU, NVC TRAINER AND AUTHOR OF
THE NVC WORKBOOK

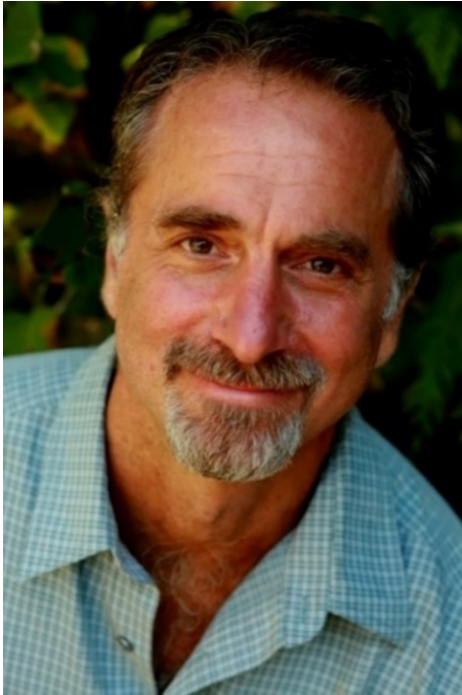
PURSUED GOALS

- To bring awareness to the nonverbal communication, habits, stories and responses underlying our words and actions.
- To identify and articulate what we love about the paths we're choosing.
- To develop collaborative strategies that honor everyone's needs.
- To build skills for managing feelings of overwhelm.

This 5-day intensive cross-training of physical, emotional and linguistic domains to embody NVC is a very special opportunity for individuals, groups, teachers, coaches and therapists who want to learn and share new and effective ways of embodying empathic communication and healing in all aspects of life, at home, work and elsewhere.

[CLICK HERE](#)
TO REGISTER ONLINE





THE TRAINER

DAVID WEINSTOCK is an international trainer of NVC, Somatic Coach, Aïkido instructor, master goldsmith and author of “Becoming What You Need”: Practices for Embodying Nonviolent Communication”. He leads community workshops in schools, prisons, businesses, intentional communities and organizations around the world.

All of his work – in particular his present organization, *Liminal Somatics* and his original works, *Somatic Consensus* – are committed to developing our capacity to value what each of us brings to the circle, to reclaim community and value diversity for the sake of creating a nurturing world for generations to come.

David and his wife Judith, along with 8 other families, co-founded in Washington State (USA) an intentional community, where they have raised their family and where NVC has been practiced since 1990.

www.liminalsomatics.com

When?

From May 10th (8 pm) to 15th (4 pm) 2022

Where?

In France, between Lyon and Geneva,
at Espace Rivoire

For whom?

Everyone interested!
No experience with NVC nor Aïkido required

Group up to 24 participants

Workshop in English translated into French

Fees for the facilitation and organization

We want the events we organize to be as inclusive as possible. To this end, we offer three different fees for the workshop: contributor rate, standard rate and reduced rate, so that you can contribute according to your financial means.

CONTRIBUTOR rate	> €650
STANDARD rate	€650
REDUCED rate	Between €350 and €600

The **CONTRIBUTOR RATE** is an invitation for everyone wishing to give more than the standard rate, as long as it is financially possible and enjoyable. By choosing this rate, you will support the financial balance of the workshop and the purpose of NVC Beyond Borders. Instead of setting a specific rate for professionals (which may not reflect the financial reality for all), we also suggest the contributor rate for facilitators, therapists, coaches... and anyone whose professional lives may be enriched by the workshop.

In case the **STANDARD RATE** is higher than what you can give, we welcome you to ask for the **REDUCED RATE**. A single rate might not match everyone's financial means and hence lead some to exclude themselves by not daring to ask for a rate suiting their financial situation. **We are deeply yearning to live in a world that fully values and includes difference and diversity.** We do believe that everyone of us can contribute to making life meaningful and fulfilling. We are also convinced that being with people from different socio-economic backgrounds in the same group contributes to the richness of our relational experience. That is why we are committed to making NVC accessible to anyone regardless of their financial resources by offering a reduced rate in a sliding scale. It is essential, however, that this rate is not seen as a convenient rate. Based on trust, it is meant to support those who would not be able to access the workshops otherwise. If you choose this rate upon registration, we kindly ask you to share with us the reasons for your choice in order to honor this mutual trust.

Each event requires a budget of several thousands of euros (to honor the work of the facilitator(s), interpreter(s), organizer(s); to cover the costs of travel, accommodation and food for the team; to pay for the venue...). We do not (yet) know how to organize such events without using money.

We hope that everyone will consciously and wholeheartedly get involved in this process of financial co-responsibility. Workshops exist *for* all of us and also *thanks to* all of us. 😊

MUTUAL FINANCIAL SUPPORT SYSTEM AMONG PARTICIPANTS

During the workshop, we will offer a **financial support system**, the details of which will be **co-created by the group**:

- If **receiving money** can help you pay for transport, accommodation and meals, or fund any other specific project... there will be a space for you to ask.
- If it is joyful for you to **contribute** to other people's well-being, you will be invited to make a donation.
- The **money collected** will be **distributed among the people who have applied for support**.

Participation in the workshop requires to join NVC Beyond Borders by paying an annual membership fee of €20. This fee is to be added to the training fees. The membership is valid for one calendar year and allows you to register for one or more events in the year.

[CLICK HERE](#)
TO REGISTER ONLINE

The venue

ESPACE RIVOIRE

Located between Lyon and Geneva, in the heart of the Rhône-Alpes region, Espace Rivoire offers a **natural environment conducive to learning and rejuvenation**, while being easily accessible by public transport. The Nurioux and Brion-Montréal train stations are located less than 20 minutes from the site, from where shuttles are organized.



ACCOMODATION

Espace Rivoire offers a variety of accommodation options: single to quadruple rooms, with a private or shared bathroom; tepee, yurt or tent with collective sanitary facilities. This diversity allows everyone to choose according to their budget and the degree of friendliness or intimacy they want.



MEALS

Different options adapted to everyone's appetite and/or budget are available: full board, half-board, only lunch or dinner.

The cuisine is vegetarian, gluten-free and lactose-free, prepared with organically grown food. People with food allergies can, on request, benefit from adapted meals, paying a supplement of between €3 and €5 per meal (depending on the specificity of the diet).

It is not possible to prepare meals independently. A refrigerator and a microwave are available for people who do not wish to take full board though, paying a contribution of €2 per day.

Accommodation and meals rates

Rates per day and per person in euros		1 night + breakfast + lunch + dinner	1 night + lunch + dinner	1 night + breakfast + lunch	1 night + lunch
Private bathroom	Single room	90	85	81	76
	Double room	70	65	61	56
	Triple room	62	57	53	48
Shared bathroom	Single room	88	83	79	74
	Double room	68	63	59	54
	3 to 4 people shared room	60	55	51	46
Collective sanitary facilities	1 person wooden tepee (heated)	86	81	77	72
	2 people wooden tepee (heated)	66	61	57	52
	3 to 4 people wooden tepee (heated)	58	53	49	44
	1 person comfortable yurt (heated)	84	79	75	70
	2 people comfortable yurt (heated)	64	59	55	50
	3 to 5 people comfortable yurt (heated)	56	51	47	42
	Camper van with electricity	52	47	39	34
	Personal tent or Camper van without electricity	50	45	37	30

For those who wish to **reduce the cost of the accommodation and meals**, Espace Rivoire team offers, up to 3 people, the possibility of contributing one hour a day to collective tasks (cooking, cleaning, small works...) in exchange for a reduction of €10 per hour worked.

NVC Beyond Borders

NVC Beyond Borders' purpose is to facilitate the emergence of a way of living together that transcends all forms of barriers, in order to take care of life in all its manifestations, using Nonviolent Communication.

In order to implement this vision, we are committed to:

- Offer regular opportunities for the French NVC network and the international NVC network to meet – in order to nurture inspiration and broaden our vision – through the organization of workshops with international facilitators.
- Challenge the barriers between different publics (facilitators, “beginner” or “experienced” practitioners) by offering workshops open to anyone interested in NVC.
- Make the workshops accessible to people with low incomes.
- Contribute to the development in society of a gift-based economy, in order to support a way of living together, moved by the joy of contributing to the wellbeing of everyone.
- Cultivate the consciousness of interdependence and beyond, of inter-being.

For any questions, contact us at:

nvcbeyondborders@posteo.org