

Communicating to Connect

A workshop in peaceful living & effective relationships.

Based on the teachings of Marshall Rosenberg, Ph.D.
from his book, Nonviolent Communication (NVC)



Saturday, Dec. 8
9:30 am – 4:30 pm

Teacher: Bren Hardt
Location: Yoga Rasa

Cost:
\$70 early bird (by Nov. 19)
\$95 regular registration

Participants will experience the consciousness of NVC and:

- Learn skills necessary for authentic expression and listening with empathy.
- Create a sense of trust that will encourage others to share heartfelt needs.
- Build strategies to maintain a quality of presence when confronted with highly intense feelings of another or when triggered.
- Move past any fear of doing it “wrong.”
- Become a better listener of feelings and needs.
- Discover self-empathy as a strategy to peaceful living.

If you are new to the teachings of NVC, you may read the first chapter of Dr. Rosenberg’s book online at <http://www.cnvc.org> or purchase the book from the Yoga Rasa shop!

“Nonviolent Communication can change the quality of your life with your spouse, your children, your neighbors, your co-workers and everyone else you interact with. I cannot recommend it highly enough.”

~ JACK CANFIELD, Chicken Soup for the Soul Series

To register, contact Yoga Rasa at 713-941-9642.

Yoga Rasa
3800R Spencer Hwy
Pasadena, TX 77504
713-941-9642
www.yogarasa.net



About Your Teacher...

Bren Hardt



Bren Hardt is a leader in the Houston area with a number of peace and social justice organizations. She is the Peace With Justice Coordinator for the Texas Conference of the United Methodist Church and former public school teacher of math and computing. Bren raised three children and now lives in Brenham where she enjoys frequent visits from grandchildren. Bren is chair of The Compassionate Communication Committee of The Decade of Nonviolence-Houston, an organization she founded in 2001, and is currently working toward CNVC-trainer certification hoping to join approximately 250 NVC trainers worldwide in almost 40 countries who are sharing this language of clarity, compassion and connection.

What Bren says:

“Peace has been my passion for a very long time. Several times in the journey of sharing a vision of a culture of peace that I wanted for myself, my grandchildren, and other people’s children, I lost some hope. When finding the tool Nonviolent Communication, hope flooded back into my life. I believe that using Compassionate Communication is a way to bring my spiritual beliefs into alignment with my mouth. I know it will be a life-long learning adventure to add more authenticity, clarity, cooperation and fun to my life.”

“My years of teaching and having been raised in an educator family, created a fervent yearning to pass NVC on to others. I offer trainings frequently titled “Communicating from the Heart” or “HearTalk.” I have found NVC to be a language that unites us in our divine humanity. The people I meet bring me hope that humans working together can achieve world peace, from the inside out, one heart at a time.”

“The extraordinary language of Nonviolent Communication is changing how parents relate to children, teachers to students, and how we all relate to each other and even to ourselves.

It is precise, disciplined, and enormously compassionate.”

~ BERNIE GLASSMAN, President & Co-founder Peacemaker Community

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