



Seattle Unity Church • 200 Eight Avenue N • Seattle, WA 98109
206.622.8475 • www.seattleunity.org

A Journey Through the Heart of Nonviolent Communication

- ◆ *Go beyond the four step model, exploring the consciousness and spirituality of NVC*
- ◆ *A full **18 hours** of instruction and transformational experience in one Sunday and five weekly sessions*
- ◆ *Experiment with speaking and listening tools to help you connect from the heart while staying fully in choice*
- ◆ *Discover how to hear what someone is longing for in their heart, even when they use critical, judgmental language*
- ◆ *Experience guided role plays to gain insight into healing your relationships*
- ◆ *Learn how to nurture peace in your life, work, and community*

For more details
contact Conal and Holly
at 206-364-5063 or
info@awakeningcompassion.com



Place: Seattle Unity Church

Time: Class 1 is Sunday, February 18th, 1:00—4:00 p.m.— **FREE!***
Classes 2 thru 6 meet weekly from 6:30—9:30 p.m.
on Tuesdays, 2/20, 2/27, 3/6, 3/13, and 3/20

Cost: ***Sunday intro class is open to all free of charge.**
\$125 for series if registered by 2/11; thereafter \$150
The first Sunday class will be informative and useful on its own.
Come without obligation and find out more about the series!

Registration: Registration and payment is requested no later than the end of class 1 on Sunday, 2/18. Class size is capped at 15, minimum 12. Register by calling Cindy McComish, Ministers' Asst., at 206.622.8475 x125, or in person at the Seattle Unity Church information counter.

Facilitated by:
Conal Elliott and Holly Croydon
<http://awakeningcompassion.com>

