



Empathic

Communication

(aka NVC – Non-Violent-Communication)

Practice Group

Listen from the heart...

Express from the heart...

Come alive...

"Don't ask yourself what the world needs. Ask yourself what makes you come alive and then go do that. Because what the world needs is people who have come alive." ~ Howard Thurman

I want to invite you to participate in an empathy practice group. The practice group starts January 21st at the Furnace Mountain Zen Retreat Center.

For five Saturdays we will immerse ourselves in Empathic Communication, aka NVC/ Nonviolent Communication as developed and taught by Dr. Marshall Rosenberg. This will be a closed group in order to create and preserve trust and intimacy.

It is a beginner's group, everyone with no or almost no knowledge in NVC is welcome.

NVC: (Non-Violent- Communication) was created by peacemaker and clinical psychologist Dr. Marshall Rosenberg as a concrete set of skills to communicate in a more peaceful, less harming way with oneself and others. It has been widely used throughout the world to resolve conflict, to create better understanding between conflicting parties and to raise connection between humans.

The NVC-model consists of a simple 4-step process that supports emotional freedom, self-acceptance, inner peace and fulfilling relationships. The essence of the practice is our innate capacity to listen to and respond from an open, compassionate heart. The practices include exercises to

strengthen connection with and awareness of oneself, expressing oneself honestly, listening with empathy, and developing more compassion, both for oneself and for all our fellow human beings.

About me:



My name is Daniela Myozen Herzog. I am from Germany, a (former) musician, mother of a 21 year old, a wife, committed facilitator of experiential, self-directed learning, writer and a Zen teacher.

I have been living with my husband at Furnace Mountain Zen Retreat Center since 2010, where I am part of the small community, help with the daily business during and outside of retreats and teach Zen Meditation.

For the past twelve years I have worked as a teacher in Elementary schools, using my Zen and NVC practice to support children with emotional and social difficulties and to change the classroom atmosphere so that children are able to reestablish trust and (re)discover the joy that learning can bring.

When I encountered NVC I found it to be the perfect expression of my spiritual practice and a wonderful help in my everyday work with the children, their parents and the teachers I have trained.

I have trained with several certified NVC trainers. Among these trainings was a year-long NVC course with Dr. Barbara Köhler, Germany and a nine day International Intensive (IIT) training with Dr. Marshall Rosenberg in Albuquerque, New Mexico. I am currently in the process of becoming a certified NVC trainer and I train as a transformational life coach with the *Leadership that Works*-Institute.

In my NVC courses I combine the practice of NVC with the moment- to-moment presence we cultivate in Zen practice.

It is my deep wish to support people in compassionately living, expressing and connecting with others as the unique being they are: A human being that never has been here before, never will be here again and IS, just NOW.



Location: The workshops will take place at the beautiful Furnace Mountain Zen Retreat Center in the Red River Gorge region of eastern Kentucky, about an hour drive from Lexington and two hours from Louisville. Furnace Mountain Inc. is a 501(c) (3) nonprofit organization, dedicated toward peace and compassion for all beings through teaching meditation and the principles and practices of Zen Buddhism. For further information about Furnace Mountain, please visit: www.furnacemountain.org

Who can participate: If you are curious and want to learn a new and more fulfilling way to connect with yourself and others whether in your private relationships or at work, then this course is for you!

Costs & dates: Each Saturday starts at 10:00am and ends at 4:00pm. After the second Saturday this will be a closed group. Please only sign up if you can commit to attending most of the following Saturdays:

- January 21, 2012
- March 03, 2012
- April 21, 2012
- June 02, 2012
- July 21, 2012

Cost for each of the Saturdays is \$ 25.00 - \$50.00/person on a sliding scale. Please decide what you can and are willing to pay. For further information and registration, please email me at:

myozen@furnacemountain.org

I look forward to working with you!

