

Nonviolent Communication: Honest Dialogue to Build the World We Want

A workshop with acclaimed trainer Miki Kashtan

**Saturday, September 8, 2007
9:30 a.m. – 5:00 p.m.
Columbia Heights Metro**

**The Festival Center
1640 Columbia Road, NW
Washington, D.C. 20009**

Nonviolent Communication (NVC) has been described as a language of connection, as a tool for positive social change, and as a spiritual practice. Ultimately, it involves a radical change in how we think about life and meaning.

Through NVC, we can experience the immense personal freedom and power that comes from deep self-connection. We can learn to act from that inner freedom and at the same time care deeply about the needs in others, realizing that the needs in all of us are vital and interdependent.

Acting from our authentic selves and in concert with others, we can create relationships, groups and organizations in which each person's needs are equally honored and addressed peacefully.

Who is Miki Kashtan?

Co-founder and senior trainer at BayNVC in Oakland, CA, occasional host of the Conflict Hotline on KPFA radio, and for several years coordinator of the global CNVC project on applying NVC to social change, Kashtan is internationally known for her humor, insight, and skill in sharing NVC and supporting reconciliation, deep healing, and peace-making.

Requested Contribution \$65 - \$200

All are welcome to attend regardless of ability to contribute financially.

We request that each registrant contribute the most they can without exceeding what they would like to give. Those who contribute higher on the scale support the sustainability of the work of Miki and Capitol NVC and enable us to provide scholarships for those who might otherwise not be able to attend.

FOR MORE INFORMATION or to register for this event:
please email: **MikiDC@earthlink.net** or phone: **Anna at 301-589-7070**
Register **today** to reserve your space.

Sponsored by Capitol NVC: Growing NVC in the Metro D.C. Area. www.capitolnvc.org