

Bringing Mindful Speech To Life

*Seventh annual weekend of mindfulness with
Dharma Teacher Peggy Smith and Theodate Lawlor,
Members of Thich Nhat Hanh's Tiep Hien Order*

A weekend of
exploration in both
the inner space of
Mindful Meditation
and the outer space
of Mindful Relationship
embodied in
*Nonviolent
Communication
(NVC)*.

January 26, 27, and 28,
2018
at the
**Kennedy
Learning Center**
(at Camp Kieve)
in Nobleboro, Maine

*January 26, dinner 5:30 pm, First session at 7:00 - 9:00 pm;
January 27, 6:30 am to 9:30 pm; January 28, 6:30 am to 3:00 pm*

This time together will include experiences
of mindful sitting, mindful walking, mindful
eating and the deep realm of healing in
noble silence.

With this centeredness we will
build capacity for heart-centered
communication using the NVC process.

*This weekend will offer nourishment for
beginners and experienced practitioners
alike. Space is limited.*

<http://www.opencommunication.org>

To Register and for Information:

On-line registration:

<http://opencommunication.org/schedule.html>

FMI contact:

peggy@opencommunication.org

or call 207/789-5299

For directions to Camp Kieve: www.kieve.org

Cost:

Room & Board :

Double room: \$310.

[includes 2 nights & 6 meals]

Tuition: By donation