

Bringing Mindful Speech To Life

*Eighth 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 25, 26, and 27,
2019
at the
**Kennedy
Learning Center**
(at Camp Kieve)
in Nobleboro, Maine

*January 25, dinner 5:30 pm, First session at 7:00 - 9:00 pm;
January 26, 6:30 am to 9:30 pm; January 27, 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 and some
scholarship assistance is available.
Registration closes January 17, 2019*

<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 vegetarian meals]

Tuition: By donation