

# Bringing Mindful Speech To Life

*Ninth 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 17, 18, & 19,  
2020  
at the  
**Kennedy  
Learning Center**  
(at Camp Kieve)  
in Nobleboro, Maine  
(Snow date: January 24 -  
26, 2020)

*January 17, dinner 5:30 pm, First session at 7:00 - 9:00 pm;  
January 18, 6:30 am to 9:30 pm; January 19, 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 9, 2020*

<http://www.opencommunication.org>

## **To Register and for Information:**

**On-line registration:**

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

**FMI contact:**

[peggy@opencommunication.org](mailto:peggy@opencommunication.org)

or call 207/789-5299

For directions to Camp Kieve: [www.kieve.org](http://www.kieve.org)

## **Cost:**

**Room & Board :**

**Double room: \$310.**

*[includes 2 nights & 6 vegetarian meals]*

**Tuition: By donation**