

From painful knots to loving ties

Our common intention is to
create a rejuvenating NVC experience
for Parents and their adult Children in a
caring and life-serving environment

3rd - 9th October 2010



Wendy and Peach Reid, Agistri 2008

developing compassionate relationships within your family

with
**Marianne Göthlin,
Louise Romain & Towe Widstrand,
certified CNVC trainers**

Encouraged by the "Mothers and Daughters retreat" in 2009, we were inspired to see how family bonds were healed. Given the number of requests from Dads who wanted to bring their daughters/sons, this year we are developing this concept and welcoming all Mothers, Fathers, Sons and Daughters! So we welcome one parent with one child, both of whom are adult.

Whether your family relationships are nurturing and supportive or frustrating and challenging or somewhere in between, this retreat is for you!



power - peace - play

contact: **Louise Romain** : louise.romain@wanadoo.fr : +33 688 361 631 NVC Greece - reference 1010

Here are a few experiences that participants have shared with us. We hope they inspire you and help you connect to the value of participating in this retreat:



"A perfect mix of intense work and sharing in an easy-going environment, combined with time in a beautiful place with excellent Greek food, early morning swims, biking, and paddling in the sea to support me to relax and smile!" Kaspar Ritz, Switzerland

"I enjoyed the NVC retreat so much, having the opportunity of deepening my understanding of NVC in a beautiful environment and at the same time making the acquaintance of the other fantastic participants from many different countries." Sylvia, Sweden



"I experienced idyllic surroundings, the warmth and comfort of the Mediterranean sea, the nurturing of good food and companionship, and a professionally delivered NVC workshop. We had time to work and practice NVC, have tuition from the 3 top trainers, have pre-breakfast, lunch and tea swims, meet people from all over the world, and talk about things that matter to us. Rosy's is pretty, friendly, spotless, music-loving, and safe. All highly recommended." Luli Harvey, London UK



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Word has spread that our way of sharing NVC which combines "peace, power and play" is enjoyable and successful for all involved. Our work is based on developing awareness and intention, so you transform life-alienating thinking to the profound experience of healing to develop deep family connections.

If you're also looking for fun and relaxation whilst creating more open, trusting and enjoyable family bonds by learning and deepening your NVC skills, that's exactly what you'll get! And it's also an enjoyable holiday with long breaks at lunchtime to eat, digest, swim, snorkel, canoe, bike, scooter, hike, chat and relax in the sun!

Rosy's Little Village on Agistri island is again our host for this course, just 30 metres from both sandy and pebble beaches on the clear Greek sea.

Rosy's offers genuine Greek atmosphere with locally sourced Greek traditional food, mostly organic, and accommodation with clean, simple rooms.

Learning, relaxing and eating will take place near the water, giving you time to take in the splendid views of distant islands. Greece's sunny climate means that you can swim before, between and after workshops!

We (the trainers) chose Rosy's as an ideal retreat location for living NVC as Agistri is the smallest of the Saronic islands and also the greenest, the most picturesque and the least developed island. It is not in the chain of island hopping and therefore not built up. Rosy's has bicycles on which you can explore the island or you can rent a moped in the harbour town of Skala, which is a 10 minute walk. More information at

www.rosyslittlevillage.com

From Athens airport, travelling to Agistri is easy. Other beautiful islands like Poros and Hydra are close enough to be visited in one day and Aegina, a 15 minute ferry ride away, is a great place for shopping and having lunch in the bustling harbour.



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With **human needs as the central focus**, imagine experienced NVC trainers supporting you and your parent/daughter/son with a wide range of styles, practice and patience. You have time to deepen your NVC skills to gain knowledge and fluency, developing compassion and empathy for yourself and others, including your parent/daughter/son!

We are really excited about announcing a call for applications for this retreat because all the trainers have grown-up children.

Naturally we are passionate about sharing NVC in ways that build close family ties for our own families and others because one of the best ways for you to learn or deepen your NVC skills is to be around experienced certified trainers who strive to model it!

This retreat is designed to encourage conscious NVC practice, taking time each day to notice and appreciate life and to deepen self-awareness. The specific course contents are tailored according to what you want to learn, offering support in: inner transformation, self empathy, deepening empathy skills, standing up for your own needs with power and dialogue practice in challenging situations.

There are three dimensions to the work in our retreat:

I-skills: the inner work of cultivating and dwelling in the needs where there is no attachment to outcome, healing the pain of unmet needs between parent and daughter/son, transforming beliefs

You-skills: how to listen to each other in a deep and profound way that brings understanding and closeness, the outer work of dialogue that serves life and empathy practice from the fullness of needs

We-skills: how to solve conflict, and how to support each other in staying in the life-serving consciousness

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Marianne, Towe, Louise

Marianne Göthlin is particularly interested in sharing her in-depth NVC experience in education, with school staff and parents. Marianne has 11 years experience of running a school based on NVC values, serving as a trainer in many IITs with Marshall Rosenberg.

Louise Romain is known for her lively yet sensitive approach and focussing on inner transformation, Louise offers NVC public courses all over Europe plus coaching and mediation for individuals and couples.

Towe Widstrand has more than 20 years experience of sharing NVC in various settings, both public groups and in organisations. Towe has offered courses in more than 20 countries and is part of CNVC's certification team. She has also served as a trainer in many IITs.

The price of this retreat includes course fees, full board and accommodation in a shared bedroom:

Tea, coffee, fruit and water are all included, starting with dinner on the 3rd October a farewell dinner on the 8th October, before departures after breakfast on the 9th October.

Our individual retreat price is 1100€ early bird and 1350€ late bird.

As two members of one family are participating, we're happy to offer a family reduction of 300€ so the price per person is:

Early bird enrolment before 15th May: 950€

After this date: 1200 €

Travel to the retreat and alcoholic drinks are not included in the price.

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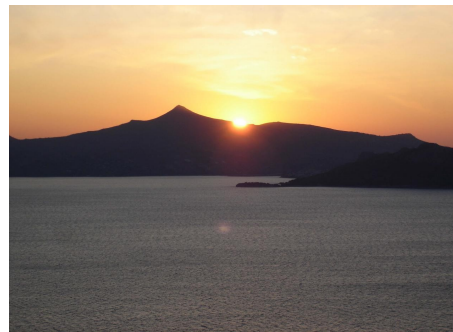
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One participant from the parent/child couple is expected to already have basic skills in NVC. You have time to deepen your NVC skills to gain knowledge and fluency, developing compassion and empathy for yourself and your parent/child. If, as is often the case, one person in the family is more motivated than the other, we can imagine children (or parents if you're the child) being able to enjoy the sun and good food that Rosy's offers, with no obligation to participate in the course, confident that as they bathe in the sun and an atmosphere of empathic connection, their curiosity will be kindled.

As Marshall says, it's "inevitable"!

We hope you'll consider joining us in this very special journey exploring one of the most influential relationships in life, the connection between parents and children.

Please contact Louise with questions or to register.



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Questions & answers:

How does sharing a double room work?

To keep prices to the widest number of budgets, accommodation is sharing a double room with the family member with whom you are attending this retreat.

Can I book shared accommodation with someone else?

Yes. If you'd like to share a room with someone other than the family member you're coming with, we will endeavour to put you in a room with someone of the same sex and as close in age as possible.

Can I book a single room?

Yes. The price supplement is 140€ for a single room within 5 minutes walk of Rosy's.

How do I get to Rosy's on Agistri?

It's a maximum of 3 hours onward travel from Athens airport and you will receive full details to make your journey as smooth and comfortable as possible.

You can organise your arrival with other participants via the Yahoo board to which you will be invited when you complete your booking.

How long does the retreat last?

7 nights, 6 full days of course work plus an evening and a morning.

If you want to add extra days to your stay at Rosy's before or after the course, please contact Rosy directly.

Other information?

If your questions are not answered in this flyer, please contact Louise at louise.romain@wanadoo.fr who will reply directly to you. Please note that Louise is often offering NVC courses, so it's often easier for her if you address your questions by email rather than by phone.

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