

# Embodying Needs Consciousness

Intermediate NVC workshop

September 10 - 12, 2010

with **Gina Cenciose** (certified NVC trainer & CNVC certification assessor)

& **Peggy Smith** (certified NVC trainer)



In these three full days we will connect to the space within that holds the qualities we call needs. We will practice certain exercises and movements to truly expand into these qualities and learn how to embody them more fully in our day to day lives.

Our intention is to easily and with flow, be aware of the needs underlying speech and behavior patterns in ourselves and others moment to moment.

The space of empathic presence will hold us as we take time to inquire into the thoughts, assumptions and beliefs that we are living from which make our lives less than wonderful. Many different NVC lenses will be offered to do this group and individual exploration. Our intention is to embody our needs with loving compassion.

This residential workshop is the third session of the 2010 Maine NVC Integration Program that is also open to a limited number of others as a stand-alone workshop.

For full bios on the two trainers please see: [www.embodyingempathy.com](http://www.embodyingempathy.com) (Gina Cenciose) and [www.opencommunication.org](http://www.opencommunication.org) (Peggy Smith)

Location: Notre Dame Spiritual Center, Alfred, ME

September 10, 2010: registration 9 – 9:45 am      Session begins 10 am

September 11, 2010: 9 – 5:00 with an optional evening empathy circle

September 12: 9 – 3:00

Tuition: \$ 275

Room & Board: \$ 235

Total: \$ 510

Please send registration along with \$100 deposit (deposit non-refundable after August 20)

Make Deposit and Room & Board payable to: **Open Communication**

Make Tuition check payable to: **Norman Pasewalk**

mail to **Peggy Smith**, 2807 Atlantic Hwy, Lincolnville, ME 04849

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Registration Form: Embodying Needs Consciousness September 10 - 12, 2010  
Please complete and mail to Peggy Smith 2807 Atlantic Hwy, Lincolnville, ME 04849

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

phone: (h) \_\_\_\_\_ (c) \_\_\_\_\_

prior NVC experience: \_\_\_\_\_

I understand that the tuition fee is \$ 275 which is due by September 1, 2010.  
Checks for tuition should be made out to **Norman Pasewalk** – and mailed  
c/o Peggy Smith, 2807 Atlantic Hwy. Lincolnville. Me. 04849

Make deposit check payable to **Open Communication**  
The remainder of the Room & Board (\$135) is also made out to **Open Communication**, and mailed to Peggy Smith, 2807 Atlantic Hwy,  
Lincolnville, Me 04849 by September 1, 2010