Mindfulness + Kindness +

Compassionate Communication =

Kindful Communication

Core Course

11-12 Dec

Salisbury Centre, Edinburgh

(£125/100)

Kindful Communication can help you increase awareness & compassion in

everyday speech (with yourself & others), better understand your own patterns,

and build resilience to challenging situations. Choose from:

In this 2-day Core Course, we’ll explore:

\* Compassionate Communication;

\* Buddhist teachings on Right Speech, loving-kindness, Right Effort, and more;

\* mindfulness practices;

\* choices available to us in our everyday speech.

This workshop will be of interest if you’d like to improve personal and/or professional relationships. Open to all, best suited to those with at least 1 year’s experience with Mindfulness, Buddhism, or Compassionate Communication / NVC.

Booking: Book online at Eventbrite or write claralynn@kindful.co

Facilitator: Claralynn Nunamaker is an experienced group facilitator, having worked with a range of organisations and presented at a number of festivals & conferences.

Claralynn offers coaching in Kindful Communication.

www.kindful.co