

# **NVC retreat on the beautiful Greek island of Agistri**



**Is your dream to practice NVC skills  
with kindred spirits whilst  
soaking up the rays of the sun?**

**25th September - 2nd October 2010**



**6 days of learning & sharing  
in a supportive environment**

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

Based on the reassuring feedback from the retreats in 2008 & 2009, and the high percentage of people who are re-booking, we are excited to return again to Rosy's Little Village to offer yet another rich experience! This retreat allows you to combine learning and practising NVC in a relaxing, informal, nurturing environment that helps you integrate your insights. The schedule offers plenty of time to practise and learn and also space for relaxing interactions with fellow participants. PLUS... delicious food, sun and fun learning!

**Join us for an experience to remember...**

**power - peace - play**

contact: **Louise Romain** : [louise.romain@wanadoo.fr](mailto:louise.romain@wanadoo.fr) : +33 688 361 631 NVC Greece - reference 0910

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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With **human needs as the central focus**, imagine three experienced NVC trainers supporting you 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.

**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, dialogue practice in challenging situations, coming from a powerful place in giraffe, feedback on presenting NVC, pre-certification support, dance floors, sharing NVC with others...



Marianne, Towe, Louise

**Marianne Göthlin** is particularly interested in sharing her in-depth NVC experience in education, with school staff and parents. Marianne has 12 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 in Europe and Africa (University of Peace in Africa) 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.

Our common intention is to **create a rejuvenating NVC experience** in a caring and life-serving environment to share with you.

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We have chosen again **Rosy's Little Village** on **Agistri island** as our host for the 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](http://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.

**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 25th September, a farewell dinner on the 1st October, before departures on the 2nd.

Early bird enrolment before 1st May : 1200 €

After this date : 1450 €

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

Please contact Louise with questions or to register.



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## Questions & answers:

*How does sharing a double or triple room work?*

To keep prices to the widest number of budgets, accommodation is sharing a double or a triple room. If you come with a friend, when you book please indicate that you'd like to share a room.

*Can I book shared accommodation if I come alone?*

Yes. If you don't say with whom you'd like to share a room, 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.

*Are all the rooms the same?*

No and part of it's charm is the variety of bedrooms that Rosy offers.

*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.

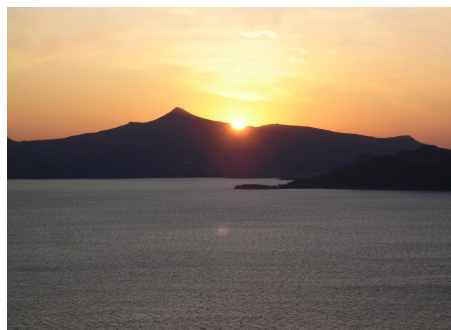
If you want to add extra days to your stay at Rosy's before or after the course, please contact Rosy directly.

*What's the latest booking date?*

It's not a question of time but of the number of places available. By February 2009, last year's summer retreat was fully booked. So the sooner you book, the more likely you are to get your space confirmed. If the course is fully booked, your name will be added to the waiting list.

*Other information?*

If your questions are not answered in this flyer, please contact Louise at [louise.romain@wanadoo.fr](mailto: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.



*Agistri by day and by night*

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