

# Time out to tune in

## NVC practice with somatic learning and recreation

Realise your dream to practice NVC skills, exploring ways to harness the deep learning through our bodies, using the surrounding nature to nourish and inspire whilst soaking up the rays of the sun!

**Greece, 16th to 22nd September 2019**

5 full days of learning & sharing with  
Marianne Göthlin, Kaspar Ritz and Louise Romain



This training is ideal if you're looking for a sacred space for yourself, yearning for inner peace and a deeper understanding of yourself, and/or more balance in caring for yourself and others.



Rosy's little village in Agistri island is the perfect place to slow down to tune in and deepen NVC skills and awareness of what is. Our objective is also that we all come away with batteries recharged because we've also been on a relaxing, nourishing holiday!

Our central focus is human needs, self-care and movement. You have time to experiment with combining linguistic features with movement, explore how your body can support deepening your NVC skills to gain knowledge and fluency, developing compassion and empathy for yourself and others.



Mornings start with different body practices, including Tai-Chi / Qi Gong, gentle movement and stretching. Then we move to experiment with NVC and movement.

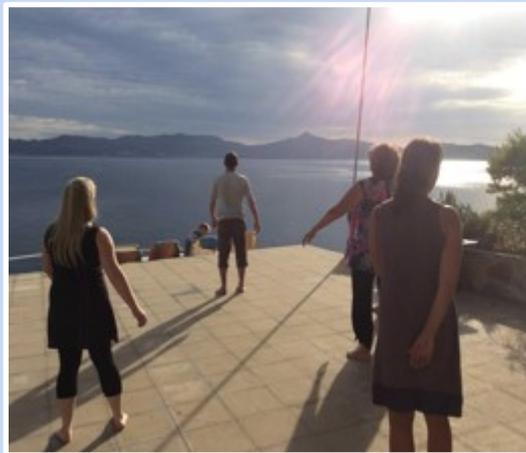
As a qualified physiotherapist specialised in neurology, Louise is leading the morning sessions as we explore how our bodies can serve and support us to develop more empathy. Information on the latest neuroscience theories adds clarity to how NVC works.

After a healthy lunch together, there is plenty of time for swimming, hiking, canoeing, sunning yourself and resting, before another session with NVC practice in the late afternoon.

We eat dinner together at 20h and evening activities for play and fun are up to the group.

The group size is limited to maximum of 20 people to maintain quality and support.

The workshop language is English.



Accommodation fee:

**€ 588** includes double room occupancy and all meals (breakfast, lunch and dinner) during the course (Monday evening through to Sunday breakfast), payable directly to Rosy at the end of your stay. Alcoholic drinks and extra beverages are not included.

Retreat course fee:

**€ 550** We are happy to offer payment by installments for the course fee.



*Kaspar, Marianne and Louise*

To register, please click on this [link](#) (which takes you automatically to the registration form)

More information and the full invitation at [peacefactory.fr](http://peacefactory.fr) under courses, or contact Louise at [louise@peacefactory.fr](mailto:louise@peacefactory.fr)

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