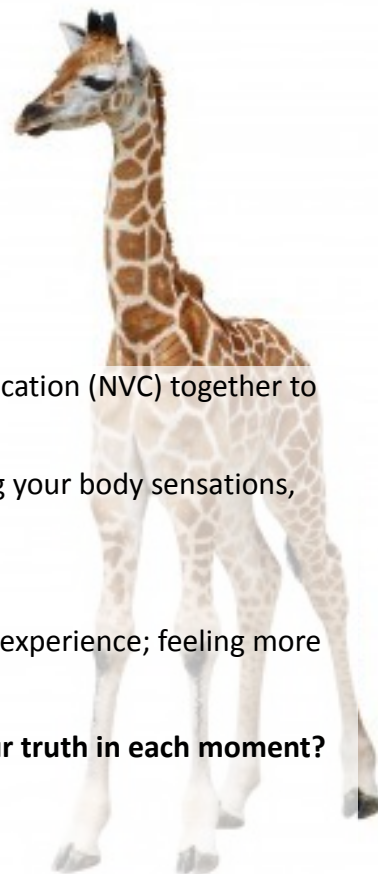


# Meditation, Mindfulness and Compassionate Communication (NVC): Paths to Self-Awareness



January 25 - 26, 2014

2 day non-residential retreat  
Phoenix, AZ



In this workshop we weave Meditation, Mindfulness and Compassionate Communication (NVC) together to embody the practice of being present in each moment.

These life-enhancing practices support you in cultivating self-awareness by noticing your body sensations, emotions, thoughts, perceptions, needs and values.

Explore making conscious what lives inside of you.

With consciousness comes choice: the possibilities of a deeper more authentic life experience; feeling more alive, vital and engaged.

- **Do you wonder how rich life could be if you were able to connect with your truth in each moment?**
- **Would you like your thoughts and actions to be more in alignment?**
- **Do you long to know and embody your true self?**

Learn and practice Mindful Living Skills that include Meditation and Compassionate Communication, interactive exercises, mindful inquiry and a framework for you to explore these questions.

Cultivate Mindful Eating skills with delicious healthful lunch/snacks and a unique Asian style Tea Ceremony

All levels of meditation and NVC practitioners are welcome.

**Date:** Saturday, January 25, 9:30 - 4:30 PM and Sunday, January 26, 11:00 - 4:00 PM

**Place:** North Mountain Visitor Center, 12950 7th Ave., Phoenix, AZ 83022

**Tuition:** \$250 - \$185 (contribute what you can joyfully!)

**Payment:** paypal.com to silgiraffe@aol.com or contact Lhasha for other payment options

**Contact:** RSVP to silgiraffe@aol.com/lhasha9@gmail.com

**Facilitated by Lhasha Tizer and Sylvia Haskvitz**

**Lhasha Tizer, MS** has been teaching mindfulness meditation for over 35 years. She teaches at the Tucson Community Meditation Center and is a Community Dharma Leader of Insight Meditation. She is the co-author of the book, *Tea Here Now*, and has a CD called *Meditations with Lhasha*.

**Sylvia Haskvitz, MA, RD** has been a certified trainer with the Center for Nonviolent Communication for 25 years and a registered dietitian since 1983. She is the author of the book, *Eat by Choice, Not by Habit*, combining both of her passions. "She cares what goes into your mouth and what comes out of it."

