

2-Day Retreat:

Saturday 19 - Sunday 20 September 2015

Taking Care of Ourselves as an Act of Love for Others



Facilitator: Shona Cameron

Mezzanine Room, City of Edinburgh
Methodist Church, 25 Nicolson Square,
Edinburgh, EH8 9BX

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Registration: 9.30am-10am

Retreat Days: 10am-5pm

This two day non-residential retreat will explore the tools needed to support us to:

- Listen to our own inner knowing •
- Deal with fatigue and burnout as we try to live with compassion •
- Learn the tools of self empathy to use in any moment •

Some experience of Nonviolent Communication would be helpful, although not essential. Nonviolent Communication is used the world over in many different settings as more and more people are experiencing the power of empathy and honesty which learning this model supports. At its heart is the understanding, common to all world religions, that living in compassion and kindness benefits ourselves and our world. We can learn to practise empathy for ourselves and for those around us and how to be honest without creating more conflict.

Cost: £100/£80 (Concessions). *For a Registration Form:*
Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469