 delivering mindfulness teaching and training in Scotland www.livingmindfulness.net

**Booking Information**

**Mindful Communication**

**a 4 week course with Ratnadevi**

In our busy lives, we often get triggered by life situations and don't show up in a way we would like to. Through mindfulness practise we may have some experience of cultivating states of peace and acceptance within ourselves, but it can be difficult to apply our training in real-life communication with others. We are longing for peace, mutual respect, connection and joy in our interactions and yet struggle to stay connected with these qualities when faced with difficult communication. We struggle to find the most helpful things to say. This course offers guided mindfulness practises such as mindful movement and sitting meditation, integrated with structured explorations based on Nonviolent or Compassionate communication (Marshal Rosenberg).

This workshop is open to people who have done some previous training in mindfulness.

Ratnadevi teaches mindfulness-based approaches to wellbeing, incl. yoga and MBCT/ MBSR. She is also a long-term practitioner of Nonviolent Communication. See [www.livingmindfulness.net](http://www.livingmindfulness.net) for more info.

**Start Tues 9 June 2015, 7.30pm – 9.30pm, cost £45/£40 conc.**

**The course will be held at 'In the Moment', 72 Berkeley Street, Glasgow G3 7DS.** This is the Glasgow Unitarian Church Centre building, near the Mitchell Library and we will be using a spacious room on the second floor. Please ring the 'second floor front' door bell.

For detailed travel information, consult [www.inthemomentcentre.co.uk](http://www.inthemomentcentre.co.uk/)

**What to bring:** comfortable, loose clothing, a note book and pen

**Please arrive in time for a prompt start.**

**Booking procedure**

**To book, please send a deposit of £20 or the full amount to**

**Ratnadevi, 2/1 14 Garrioch Drive, Glasgow G20 8RS. Cheques payable to L. Holtbernd.**

**The balance of the course fee is due on the first night of the course.**

With kind regards

Ratnadevi

0141 9468096, info@livingmindfulness.net

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**Booking Form**

Please book me a place on **Mindful Communication course, start 9 June 2015**

**name …............................................................................................................................**

**email …...................................................….........phone …............................................................**

**I include a cheque for**