

## Peace starts with you!

Learning Nonviolent  
Communication and  
understanding conflict  
patterns

Frieden beginnt bei Dir!  
Gewaltfreie Kommunikation  
lernen und Konfliktmuster  
verstehen

La pace inizia da te!  
Imparare la Comunicazione  
Nonviolenta e capire le  
dinamiche dei conflitti

La Paix commence avec toi!  
Apprendre la Communication  
nonviolente et comprendre la  
dynamique des conflits

**23-27 August 2024 (hiking up on 23/8 at 5 pm, hiking down on 27/8 at 10 am)**  
**Alp Ces, Ticino, Switzerland**

*Course language will be English, with the possibility to do the exercises in your language if available.*

### Course content:

This retreat provides a comprehensive introduction to Nonviolent Communication (NVC) according to Marshall Rosenberg. With practical exercises and lifelike scene design, you can learn ways of inner and outer peace. It is an opportunity to get in contact with yourself and others in an authentic way and to experience NVC as a “game changer” and “peace maker”.

Activities like morning bathing at the waterfall, Qi Gong in nature, exploring mountain surroundings, movement exercises from the Tamalpa Life-Art concept, NVC-Dyads (meditations for two), Body-NVC, or wood fire sauna (optional) in the evening complement communication with awareness and body presence.

### Course leaders:



**Eva Maurer:** Nonviolent Communication specialist in Brussels, certification candidate at the Center for NonViolent Communication. Has been integrating NVC into her life since 2001, and works as a coach, trainer and facilitator for participatory processes (Art of Hosting).



**Olivia Della Croce** is a Nonviolent Communication Trainer certified by CNVC, passionate about helping people bring more compassion into their lives. Manager of the Holistic Therapy Center "Centro Casa Poma" ([www.centrocasapoma.ch](http://www.centrocasapoma.ch)) in Ticino.



**Regula Friedli:** Theatre maker, Systemic Forum Theatre according to David Diamond, Tamalpa Live Art Process. Experience in conflict-solving scene design and joyful working through conflict situations.

### Accommodation and food:

In the Ticino mountain village Ces, a car-free magical place, 2- and 3-bed rooms in a 400-year old house in the Swiss Alps. Or in your own tent.

We will be treated to vegetarian organic food.



### Price:

Overnight stay, full board incl. luggage transport, and course (4 days)

Students	445.-	CHF (ca. 470 EUR)
Income in the lower segment	525.-	CHF (ca. 560 EUR)
Normal income	585.-	CHF (ca. 620 EUR)

**Prolongation:** There is the option to prolong the stay for CHF 70.- (ca. 75 EUR) / day by 1 day (until 28 August) for holidays.

**Questions:** [eva-maria.maurer@gmx.de](mailto:eva-maria.maurer@gmx.de), Mobile:+32 (0)479 780 199, Regula: +41 (0)79 241 91 17

**Registration:** <https://www.theatralis.ch/angebote-%C3%BCberblick/workshop-gewaltfreie-kommunikation-d-e/> by 22 July the latest. The retreat will take place with a minimum of 8 participants.