

# Compassionate Communication

## About the retreat

This week will combine training and interaction, with reflection and quiet time. It offers a chance to open the heart and connect with others in the beauty of the Scottish Highlands. It will introduce skills in Nonviolent Communication, as well as meditation and Buddhist principles. This retreat is open to all, no prior experience of Buddhism or meditation needed.

As the theme is Communication there will be input, exercises, role-plays, various types of communication, some challenge of habits and views, connection and plenty of fun. There will be free time for walking, reading and resting. There will be simple ritual, poetry and chanting each evening; and some silence overnight.

It is led by Vajrasara, a qualified trainer & experienced retreat leader, plus two assistants with experience of Buddhism and NVC skills.

## Is there anything special I need to bring?

- Please bring a pen and paper.
- We strongly request that before the retreat people read Marshall Rosenberg's: "Non-violent Communication: A Language of Life". A quick read; available online & at most bookshops.

## What can you expect from the programme?

7am Rise  
7.30 Meditation  
Breakfast  
Free time  
10.30 Communication workshop  
1pm Lunch  
Free time  
4pm Workshop + meditation  
6pm Dinner  
Evening activity  
Short meditation/ritual

We will teach two simple meditation practices from the Buddhist tradition, one of which helps us to become calmer and more concentrated; and the second encourages us to develop positive emotions, such as confidence, friendliness, and the ability to empathise with ourselves and others. There will be 3 or 4 periods of meditation each day.

There will be short periods of silence – overnight until the mid morning training session.

**About the retreat team**

It will be led by Vajrasara, a qualified trainer & experienced retreat leader, plus two assistants with experience of Buddhism and NVC skills.