

# Skilful Communication Retreat 2019

## Summary

This week will combine training and reflection – interaction and quiet time. It offers a chance to learn and to open the heart in the beauty of the Scottish Highlands. We will introduce skills in Communication, as well as meditation and Buddhist principles. This retreat is open to all; no previous experience of Buddhism or meditation is expected.

There will be communication input, exercises, role plays, various types of connecting, some challenge of habits and views, connection, and plenty of fun. There will be free time for walking, reading or resting. Simple ritual, poetry or chanting to end the evening quietly.

## Approximate programme outline:

6.30 – Rise  
7.10 – Stretches & gentle movement then meditation  
Breakfast  
10.30 – Communication workshop  
Short meditation  
1pm Lunch  
Free time  
Stretches & gentle movement  
workshop  
meditation  
6pm Dinner  
Evening activity, ending with a short meditation /ritual

## Meditation

We will teach two simple meditation practices from the Buddhist tradition, one of which encourages calm and concentration; the second encourages us to develop positive emotions, such as confidence, friendliness, and the ability to empathise with others.

There will be 3 or 4 periods of meditation each day.

## Work Period

Each day everyone able to will do a short simple job, such as washing up or chopping veg.

**Silence**

To ensure some peace there will be silence overnight until the 10.30 training session.

**Advance preparation/things to bring**

Please bring a pen and paper.

We also ask that prior to the retreat people read Marshall Rosenberg's book: "Nonviolent Communication: A Language of Life". A quick read; available online & at most bookshops.