

**6990 Whipple Avenue NW
North Canton, Ohio 44720
330.499.2863**

Nonviolent Communication (NVC) is a skill set and a way of life that offers a loving and respectful way to take everyone's needs (including yours) into account in every interchange and relationship. In this class we will explore ways to bring more clarity, connection and authenticity to interactions with your students and colleagues. You will develop skill in recognizing the difference between observations and judgments and understand why that is important for you and your students. You will practice deep listening so that you can hear beyond the words of your students into their heartfelt longings. The class will also teach you exercises to help answer these questions:

How can I create a safe environment for my students to explore the fullness of their being in my yoga classes?

How can I help my students reframe their inner dialogue so they can have more connection and compassion with themselves?

How can I balance the needs of the individual with those of the group when one student talks more frequently than the others?

How can I receive appreciation in a way that honors the student's gratitude for my skills, yet allows me to stay rooted in humility?

How can I honor my own energy level as I serve my students and the community?

How can I help my students to access their own wisdom and support profound self-acceptance?

**Visit our website for details
or call 330.499.2863.**



Marcia Miller, E-RYT 500, and reiki master teacher, has been teaching yoga for over 35 years. Ever since Marcia was a “baby” yogi, telling the truth has been one of her main practices and values. As she learned and practiced NVC, she realized that she finally had the tools to be honest in ways that she and the people she was talking to enjoyed. She also discovered that the interactions she was having with her yoga students and reiki clients were much richer and more meaningful than before. She has studied and practiced NVC since she first heard about it from Judith Hanson Lasater many years ago. She has studied extensively with Marshall Rosenberg, Robert Gonzalez, Susan Skye and Jeff Brown as well as Judith and Ike Lasater. She is delighted to be teaching NVC to the yoga community and yoga to the NVC community.

Date: Saturday, April 14, 1:00 to 6:00p

Cost: \$75, if paid by April 1, after that \$85. Class fees will include handouts and a bibliography. Pre-registration is required. You can send a check to the address below.

Location: The Yoga Place
6990 Whipple Ave., NW, N. Canton 44720

To contact The Yoga Place:
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NONVIOLENT COMMUNICATION
FOR YOGA TEACHERS