

A Sedona Nonviolent Communication<sup>SM</sup> Community Workshop with Sylvia Haskvitz

# Communication in Intimate Relationships

*the magic of connecting around love, sex, money & more*



**From the mundane to the intense. For those in a relationship or wanting to be in relationship. Come even if your partner is unwilling to come. Honest dialogue about what is important to you.**

## **Learn how to:**

- Take your communication skills to new levels
- Speak from your heart without blame, shame or criticism
- Gain clarity to make clear requests
- Get more of your needs met
- Transform painful interactions into healing connections

*This may sound like a tall order, but it's so damned true!*

Facilitated by: Sylvia Haskvitz, MA, Certified Trainer with the Center for Nonviolent Communication and Communication Consultant. Sylvia has offered trainings, mediations, individual and couples communication coaching for the past 14 years. She is currently writing a book on couples communication. She practices in Tucson, AZ and the San Francisco Bay Area.

**Saturday 10:00am to 6:00 pm**  
**September 13, 2003**  
**held at 7 Centers Yoga Arts, Sedona**

## **Registration information:**

**Norman Pasewalk 928-203-4136**

**Three hour introduction to NVC<sup>SM</sup> is requested. Call for exceptions or assistance in meeting this request.**

## **Your Contribution:**

**\$85 for one, \$150 for two (childcare available)**

We value receiving whomever would like to participate. If the requested contribution does not meet your needs, please discuss your considerations when registering.

*We welcome donations to the financial aid fund!*



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