

Beyond The Basics

Further Explorations Into Compassionate Awareness

Jefferson Unitarian Church; 14350 West 32nd Avenue; Golden, CO 80401
(about one mile West of I-70 & 32nd)

Five Thursdays 6:30-9:00 p.m. October 19th Through November 16th

Tuition: \$219.00

**Kinesthetic
NVC.**

**Dance
Floors.**

Requests:
authentically and
compassionately
saying "no".

Respect:
valuing yourself
and others

Empathy and
self-empathy.

Compassionate
Consciousness.

Listening to our
true essence.

Presence.

Authenticity.

The art of
awareness and where we
place attention.

**Persona
and vulnerability.**

**Experience the beauty
and living energy of needs.**

Delve Deeper

- ◆ Go beyond the Compassionate Communication fundamentals.
- ◆ Practice applying Compassionate principles in a variety of situations.
- ◆ Discover new and diverse ways to heighten Compassionate awareness.

Topics vary by class and are often presented in response to student request.

Facilitators:

Ken Rosevear, Jean Bell, David Steele

Information and Registration

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<http://www.intransformationaltimes.com/reg/bb-10-17.htm>