

***Find your voice.....Speak your truth.....Walk your talk.....***

Finding our voice is both literal and metaphor for finding our place in the world and expressing our gifts through powerful communication.

Come join us for an upcoming training called:

***Body of Wisdom: Practices for Embodying Nonviolent Communication***

Developed and led by David Weinstock, certified Nonviolent Communication Trainer, Somatic Coach and Aikido Instructor. These trainings will help you develop life long practices for synchronizing language, emotion, actions and meaning.

By literally coming to our senses and listening to our bodies, we can learn to connect to a discerning wisdom. This keeps us balanced and centered and able to navigate diversity during times of conflict and uncertainty.

The underlying teaching of these trainings is that to live fully in relationship with others, we must live more fully in our own bodies. Accessing the wisdom of the body helps us to walk our talk in the world, to listen more empathically to others and to embody our principles in order to create Community wherever we are. This requires centering ourselves, learning to listen to our senses and letting the intelligence of our heart and intuition inform our actions and our words.

Woven into our programs are the time-honored lessons of self- mastery and ways to move conflict to connection and healing distilled from the peaceful art of Aikido.

Come explore this unique integration of linguistic, emotional and physical practices designed to help you align your words, movements and being with your deepest values.

David has led community workshops in schools, prisons, businesses & organizations around the world. David co-founded an intentional community in Washington where he has been developing and sharing NVC, Consensus & Leadership skills for the past 20 years. He lives there with his wife and two sons.



- *Nonviolent Communication Certified Trainer*
- *Somatic Coach*
- *Five Rings Coach*
- *Aikido Instructor 30 yrs.*
- *Originator of Somatic Consensus®*

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