

Integrating: Nonviolent Communication --- Aikido --- Somatic Consensus

BODY OF WISDOM

with David Weinstock

PRACTICES FOR EMBODYING NONVIOLENT COMMUNICATION



Walk Your Talk with Power and Compassion

Saturday: REACTION TO RESOURCE

Daily physical, emotional, linguistic and energetic practices that transform old habits and reactions into resources for self-healing and building relationships.

Sunday: CONFLICT TO CONNECTION

Exploring skills for cultivating a centered and empathic presence within challenging relationships. Practices to build qualities of presence you most desire.

Free Introduction

Friday October 5th from 4 to 6pm at Interplayce

Oakland, CA

**Interplayce
2273 Telegraph Ave.**

October 6th & 7th

COST

**\$187 for both days
or \$100 per day**

To register online go to: www.liminalsomatics.com

For more info email David at: davidkweinstock@gmail.com or call 360-689-2641

*Pre-register before September 15th and save \$10 per class. Space will be limited to 30 participants
Bring a friend and save \$25 each



David Weinstock is a certified international Nonviolent Communication Trainer, a Somatic Coach, Aikido Instructor (30 yrs.) and originator of Somatic Consensus. He leads community workshops in schools, prisons, businesses, intentional communities & organizations around the world. David and his family live in an intentional community in Washington State that they helped found and where consensus has been practiced for over 20 years.

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