

Somatic Consensus

Embodying Nonviolence

Please join us for this creative workshop integrating

Nonviolent Communication * Somatics * Aikido * Consensus

Learn practical skills for empathic listening and clear, honest communication that align your words and actions with your deepest values.

This workshop integrates linguistic, emotional and physical practices that provide a powerful foundation for self-mastery and for resolving conflicts in harmonious and productive ways.

By literally coming to our senses we can learn to express a discriminating wisdom that keeps us balanced and centered within the richness of community

Somatic Consensus offers sustainable mind and body practices that will help you:

- Align your values with your words and actions
- Transform self-limiting beliefs and habits
- Effectively manage moods
- Take decisive action
- Enhance your intuitive listening skills
- Cultivate your natural rhythm and sense of timing
- Develop your ability to speak your truth
- Experience more stability and inclusiveness when under pressure

When: May 21st and 22nd 9:30am-5pm Sat & Sun,

Where: Inter Playce

2273 Telegraph Avenue, Oakland(near 19th St. Bart)

Cost: \$200-400.....sliding scale*

To register or get more info:

Email us at: bayareasomatics@gmail.com Space limited, register early to ensure a spot!)

**If you are interested in this work and money is the only barrier to attending the workshop, please contact us about work-trade scholarships*



David Weinstock

David is a Somatic Coach, NVC Practitioner and Aikido instructor (30 yrs.), originator of Somatic Consensus. David has led community workshops in schools, prisons, businesses, intentional communities & organizations around the world. David has lived in an intentional community for over 20 years.

"As with Aikido, I approach Somatics and NVC as a "way" of life...powerfully effective when my verbal & nonverbal communication are aligned & emerge from a unified internal consensus" -- providing endless opportunities for exploring & facilitating mastery of mind- body learning."

For more information about David's work see his website, www.liminalsomatics.com

