

# Living the Compassionate Life: The Essence of Nonviolent Communication

February 19-21, 2016

Co-sponsored by  
Pendle Hill and Heart-to-Heart



## Registration

Visit [www.pendlehill.org](http://www.pendlehill.org),  
or call Ext. 137 at 610-566-4507  
or 800-742-3150 (toll-free in US)

## Accommodations

Commute **\$385**  
Private room **\$585**  
Shared room **\$550**

## Early Bird Specials

Register before December 12, 2015  
and enjoy an \$80 discount

Register between December 12, 2015  
and January 22, 2016  
and enjoy a \$50 discount

338 Plush Mill Road  
Wallingford, Pennsylvania  
Ext. 137, 610-566-4507  
[www.pendlehill.org](http://www.pendlehill.org)

## A three-day Nonviolent Communication retreat at Pendle Hill

### with Robert Gonzales

assisted by Stephen Michael Tumolo

Beyond the basic Nonviolent Communication (NVC) process of expressing and receiving our observations, feelings, needs, and requests, lies the heart and root of compassion for ourselves and others — a living practice Robert Gonzales refers to as "Living Compassion." You will be introduced to and practice processes that Robert has developed to deepen more self-awareness, self-compassion, and living compassion in relationships.

*This program is intended for those with a grounding in NVC as developed by Dr. Marshall Rosenberg ([www.cnvc.org](http://www.cnvc.org)). A free introduction to these principles will be offered at Pendle Hill on Thursday evening, February 18, from 7:30—9:00 p.m.*

**Robert Gonzales** is one of the most sought-after trainers of NVC in the world. His passion is the spirituality of compassionate communication. He sees compassionate communication both as a process that helps us connect more authentically with ourselves and others, and as a spiritual practice and a way of living.

Robert received a Ph.D. in Clinical Psychology in 1989. He met Marshall Rosenberg and NVC in 1985, and he has been training others in NVC since 1986. His original training is as a licensed psychotherapist. He is past president of the Center for Nonviolent Communication and founder of The Center for Living Compassion ([living-compassion.org](http://living-compassion.org)).



**Stephen Michael Tumolo** studied NVC with Marshall Rosenberg and Robert Gonzales and has been sharing it for over 15 years. He leads Heart-to-Heart, a community organization that empowers people, in and outside of correctional facilities, with skills needed for living increasingly free and creative lives. [www.heart2heartinc.org](http://www.heart2heartinc.org).



# PENDLE HILL

A Quaker Study, Retreat, and Conference Center