



Co-sponsored by *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

Private room    \$ 385  
Shared room    \$ 370  
Commute        \$ 290

For information about scholarships for  
returning citizens, please contact Susan  
Weiss at [saw.heart2heart@gmail.com](mailto:saw.heart2heart@gmail.com).

### Travel

Pendle Hill is just 15 minutes from  
Philadelphia International Airport  
and 30 minutes outside the city.

The campus is near the Wallingford train station.  
Take the SEPTA Media/Elwyn line from  
Philadelphia and call for a pick-up.

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

MARCH 2 & 3, 2019 (Saturday, 9:30am-5:30pm—Sunday, 9:30am-4:00 pm)

## Compassionate Communication: Life in Relationship

*With Stephen Michael Tumolo, assisted by Geraldine Scott*

Based on the seminal work of Marshall Rosenberg, this two-day workshop provides participants with a grounding in an embodied, spirit-led practice of Nonviolent Communication. We will explore communication, expressing and receiving, as the basic flow of life. Rooted in this understanding of all communication as life expressing and receiving itself, compassion for ourselves and others grows.

One goal for the weekend is to grow our capacities to be powerful speakers of our truth and powerful listeners to the voices of others. We will nurture our abilities to be an empathetic presence in the world, becoming more able to identify our own heart's desires, or needs, and those of others. The skills we'll practice are central to all relationships and urgent in times like these.



**Stephen Michael Tumolo** studied Nonviolent Communication with Marshall Rosenberg and Robert Gonzales, and he 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).

**Geraldine Scott** is a registered nurse with over 30 years experience as a public health educator, serving in community health, advocacy, and health education nationally and internationally. Gerry offers trainings in mindfulness practices and meditation with women in federal prison with Heart-to-Heart and in many other settings.



**PENDLE HILL**  
A Quaker Study, Retreat, and Conference Center