

EcoMe center is happy to invite you to

# The 7th Middle East Nonviolent Communication community experience

23.3-1.4.2017

EcoME - Peace and Sustainability Centre

NVC skill building | Gender | Healing | Social change





Join us in living and searching together: How can NVC support us in creating the world we want to live in? How can NVC strengthen us and our communities? In this 10-day retreat we will create a space to learn NVC from different skill levels, to explore various topics such as social change, healing, gender and more, and to connect in a unique community experience. There will also be spaces available for the community to make offerings.

Bring your gifts and your longings and let's get together!

### **What is Nonviolent communication?**

Nonviolent communication (NVC) is an approach and a way of living that aim to bring any human being closer to himself and to others around her. Through offering a set of tools for listening to our deepest needs and feelings, NVC gives us an opportunity to have effective communication with people around us, and helps us solve conflicts and fights in a compassionate and connecting way. It cherishes radical honesty and deep empathy at the same time. NVC was founded and developed by Dr. Marshall Rosenberg, an American psychologist and has been widely spread all over the world.

### **Ecome center**

Ecome is a living intercultural experiment, run for the last 7 years by a young leadership team of Palestinians and Israelis. The center is a research and learning center for sustainable ways of living, as well as a place for collecting and sharing information about peaceful living in different aspects - personal, social, environmental and spiritual. The center is an open space located in area C (road #1 east) that invites all humans as they are.





This year we offer 4 different tracks during the training. You can join us for the whole 9 days, or you can choose the tracks that make your heart expand. Basic NVC skills (from past experience or the NVC skill building track 23-25.03) are required to join other tracks:

1

### **NVC skill building track(s)**

**23-25.3 | Thu-Sat and/or 30.3-1.4 | Thu-Sat**

A number of international trainers with various backgrounds will share their wisdom. You will find your place here whether it's your first acquaintance with NVC or you're an old friend.

2

### **Gender track 26-27.3 | Sun-Mon**

Together and with care, we will open one of the most charged topics of our time: We will look into ourselves, share, listen to each other and explore the beauty and challenges of identity, love and intimacy in our lives and community.

3

### **Healing track 28.3 | Tue**

We will open and explore the collective traumas that we carry through our national identities and that are represented through our individual stories. Through the portal of our personal stories, we will seek to transform and transcend them.

4

### **Social change track 29.3 | Wed**

We will explore how NVC consciousness can empower action. We share existing projects, dream up new ones and explore how to move forward, support and collaborate, as we work to build the world we want our children to live in.

### **Our trainers and assistance Team for the 2017 Nvc retreat**

**David Ginati** Germany | **Yuri Haasz** Brazil | **Janne Hanoun Ellenberger** Germany | **Hagit Lifshitz** Israel | **Noa Illay-Shilo** Israel | **Robert Krzisnik** Slovenia | **Talya Hirsch** Israel | **Melissa Abecassis** Israel | **Aline Müller** Germany | **Noa Dolev** Israel





## Pricing | Cost | Support

This year our workshop isn't funded but we are insisting on creating it anyway. This is how much we love and cherish NVC. Our trainers, assistants and organizers are working voluntarily to make this event possible. Still we need support in order for us to be able to offer scholarships to those in need, to offer payment for our translators and to support the work of Ecome. Therefore if your pocket allows and your heart is happy to, pay more to enable the whole community to come together.

### Payment options

<p><b>Whole retreat</b> 23.3-1.4</p> <p><b>For locals:</b> Minimum Price (A): 1350 NIS Full Price (B): 1650 NIS Extra Price (C): 2000 NIS and up</p> <p><b>For internationals:</b> 500 Euro / 535 dollar and up</p>	<p><b>Skill Building Track (1)</b> 23-25.3</p> <p><b>For locals:</b> Price A: 350-450,-NIS Price B: 450-550 NIS Price C: 550,- NIS and up</p> <p><b>For Internationals:</b> 125,- Euro/ \$130 and up</p>	<p><b>Skill Building Track (2)</b> 30.3-1.4</p> <p><b>For locals:</b> Price A: 400-520,- NIS Price B: 520-620,- NIS Price C: 620- NIS and up</p> <p><b>For Internationals:</b> 135,- Euro/ \$145 and up</p>
<p><b>Gender Track 26-27.3</b></p> <p><b>For locals:</b> Price A: 300-380,-NIS Price B: 380-460,- NIS Price C: 460,- NIS and up</p> <p><b>For Internationals:</b> 115,- Euro/ \$125 and up</p>	<p><b>Healing Track 28.3</b></p> <p><b>For locals:</b> Price A: 150-200,- NIS Price B: 200-250,- NIS Price C: 250,- NIS and up</p> <p><b>For Internationals:</b> 65,- Euro/ \$70 and up</p>	<p><b>Social Change Track 29.3</b></p> <p><b>For locals:</b> Price A: 150-200,- NIS Price B: 200-250,- NIS Price C: 250,- NIS and up</p> <p><b>For Internationals:</b> 65,- Euro/ \$70 and up</p>

\*If you can offer your support in fundraising please contact us [ecome.centre@gmail.com](mailto:ecome.centre@gmail.com) or Phone 02-6712807

## Yes! I'm joining! Application process

If you wish to take part in our community retreat, please fill the online form, which is available in English, Hebrew and Arabic. When filling the form you'll be requested to choose one or more tracks out of the four offered. We welcome you to take part in as much as you like and are able to. Our space is limited. We recommend applying as soon as possible to ensure your spot.

**For registration and application form contact us** through email [knytai@gmail.com](mailto:knytai@gmail.com) Phone 054-6735359 or on our event at Ecome facebook page.