

*You are invited to...*

# Self Empathy

## *A Two-day Workshop on Self Connection and Care*

Do you find it difficult to stay connected with yourself during challenging and stressful situations? Is it easier to react instinctively than it is to respond with awareness? Would you like to be in a space of conscious choice and self-connection in such situations?

This workshop will help you explore ways to:

- Connect with yourself and understand your actions
- Get to know the parts of yourself that you're uncomfortable with
- Step away from self-judgement and inner criticism
- Transform limiting beliefs about yourself and the world around you
- Create an outer world that reflects your inner values

In these two days, we will explore practices and everyday tools to understand your actions and reactions, to connect with your values, and to care for yourself consciously in alignment with those values. When you are able to read warning signals from your inner world, you are able to care for yourself, and in turn, build compassion for others.

The Self Empathy workshop is open to all.

### **Workshop Details**

**Dates:** August 8 & 9

**Timing:** 10:00 a.m. to 6:00 p.m. on both days

**Contribution:** Sliding Scale of Rs. 2,000 to Rs. 3,500\*

**Venue:** Wilson Garden, Bangalore

### **Facilitators: Ranjitha and Manasi**

The facilitators have attended several international NVC trainings, are actively involved in sharing NVC in Bangalore and Delhi, and enjoy contributing to others by sharing tools that have added value to their own lives .

**Registration:** <https://goo.gl/t62YTo>

*If money would keep you from joining us, please get in touch with us (contact details below).*

*\*Rs 2000 would cover the costs of material, food, tea & snacks, and offer a small contribution to the facilitators.*

*Contributions of Rs 2500 will (partially) support participants who may not be able to join due to financial considerations. We request you to choose an amount between 2000 and Rs 3500 that you can contribute joyfully :)*

**Contact:** [9880069154](tel:9880069154), [09968531446](tel:09968531446)