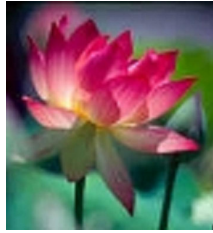


Parenting Adult Children with Compassionate Communication



Shakti Yoga in Woodstock New York
with Roberta Wall www.steps2peace.com

Tuesdays September 21 & 28 7:00--9:00 pm

Our children are now adults. What can we do to create and sustain relationships with them that are mutually satisfying, meaningful and delightful? **Nonviolent Communication (NVC)**, developed by Dr. Marshall Rosenberg, supports a thoroughgoing transformation of parenting practices. NVC helps us and our children enjoy our parenting at any age.

With NVC, instead of getting triggered into expressing anger, guilt, blame or shame, we learn ways of listening and communicating that bring us into an authentic and meaningful connection with our children and make it possible for everyone's needs to be met.

As parents of adults, our core needs for our children's well being, safety and growth continue; we yearn for ease, contribution and effectiveness in our parenting; we continue to value and enjoy nurturing and sharing life with our adult children, and we dream of a relationship with them that satisfies these needs as well as both of our needs for communication, intimacy, understanding, respect and connection. And we dream of relationships that satisfy both our needs and our children's needs for choice, trust, honesty, support, joy and ease.

This series of two classes will offer an opportunity to learn and practice listening and expressing yourself within the family in ways that create the possibility for this quality of relationship and connection with our adult children.

Location: Shakti Yoga, 1685 Sawkill Road (off Zena), Woodstock, NY

Donation: Sliding scale: \$40-\$80 for the series of two classes; to participate, you must come to the first class. Sliding scale= you choose to offer what you wish on this scale: Please note that people contributing \$60 or more will be supporting the participation of parents who would otherwise not attend. A limited number of scholarships are available for this class series.

Pre payment strongly encouraged to hold your space and to help our planning!

To register call 845 246 5935 or email info@steps2peace.com