

# BodyNVC®

OR

## THE ART OF KNOWING YOUR BODY



*Sense your cells...*

**Nonviolent Body Communication**  
with Sabine Geiger

**Saturday & Sunday, October 08 & 09, 2016**  
**Tussen de Bogen 46, 1013 JB, Amsterdam**

Many people experience NVC as a useful and powerful way of life.  
Some students prefer a more direct learning track.  
Less words, more movement.  
BodyNVC offers just that.

*"I'm still quite full with everything that evolved during the weekend. It was quite touching to recognize myself in a mirror of loving kindness."*

Elisabeth Z., Berlin

*"I'm going home with lots of confidence. Body NVC opened the way to transformation."*

Helga N., Hamburg

## The Wisdom of Your Body

*Your body stores every life experience in its cells. As we gain access to this invaluable information, we are able to better understand ourselves and other people. The body turns out to be a miraculous key to connection and understanding.*

## All Our Senses

In this workshop, we focus on our intuitive wisdom. To connect with our needs, we employ all our senses. We are taking off on a journey of exploration, without effort. Experiment together, in a playful way.

## The Promise of BodyNVC

To explore the messages of your body. To get support in practicing NVC. To take home a treasure of fine exercises. And to have a lot of fun in the process ;-)

## Diversity

During this weekend, music, dance and movement are interlaced with meditation, visualization and creative expression. Individual experiences are integrated during regular small and large group sharing.

**Date:** Saturday 10:30 - 18:00, Sunday 10:30 - 17:30

**Cost:** € 180 to € 280 (assessing everyone's needs)

**Register:** [BodyNVC@gmail.com](mailto:BodyNVC@gmail.com) - or call +49 176 8006 8884

Prior knowledge of NVC is not required. Financial limitation should not keep you from participating (but please consult me before enrolling).

*I'm looking forward to opening our hearts and inspiring each other!*  
Sabine Geiger



**Sabine Geiger** is a psychologist and a certified NVC trainer, as well as an assessor with CNVC. Her book *Empathie als Schlüssel* was published in 2015 in Germany. She has been leading self-awareness groups for 25 years. More information: [SabineGeiger.com](http://SabineGeiger.com)