

# **Time Out to Tune In**

NVC retreat 2015

on the beautiful

Greek island of Agistri

Now in its 8th year!!

Realise your dream to practice NVC skills with kindred spirits,  
using the surrounding nature and the Aegean sea to nourish and inspire  
whilst soaking up the rays of the sun!

**19th to 26th September 2015**



Limited group size

Language of workshop: English

If you want to be more empowered and have more enriching relationships in your life, maybe you need some inspiration?

This course is ideal if you're looking for a sacred space for yourself, or you feel disconnected from a sense of vitality and purpose, yearning for change and a deeper understanding of yourself, or if you would like more balance for yourself and caring for others. It's also a time for meaningful family relationships with your partner and/or adult children and ideal if you're in transition (divorce, children left home, career change, etc).



This retreat offers a heightened sense of inner awareness and empowerment, a deeper sense of your life purpose, and a stronger connection to your true self!

You choose from daily sessions dedicated to NVC, with early afternoons generally free for swimming, sunbathing, reading, exercising or perhaps a cheeky nap. Evenings tend to be sociable, with the trainers joining in to relax too, sometimes with music, singing and dancing.

In addition, you leave with some fabulous Greek recipes, memories of a magical landscape you'll never forget, and refreshed batteries. Agistri is sure to steal your heart!

Upon arrival, you are invited to join the festive and welcoming dinner as you get to know friends new and old.

Mornings are devoted to a short Tai-Chi/Qi Gong practice, then NVC workshops. Afternoons begin with a delicious healthy lunch together and plenty of time for swimming, hiking, canoeing or sunning yourself, before more NVC workshops, then dinner.

### **Course fee**

650 € per person

plus accommodation 560 € for double occupancy

all breakfasts, lunches and dinners included (payable directly to Rosy)

## **6 full days of learning & sharing with**

**Marianne Göthlin, Kaspar Ritz, Louise Romain and Towe Widstrand**



This is the eighth year we're back at Rosy's Little Village to offer a retreat based on Nonviolent Communication (NVC). We have come to love this place and participant feedback is consistent: Rosy's is the perfect place for people who want time-out to tune in and to deepen their NVC skills and awareness of self-care and come away with batteries recharged because you've also been on a relaxing, nourishing holiday!

To become inspired by the natural beauty of Agistri island and be enchanted by the friendship Rosy's staff offer, you're very welcome to join us.

With human needs as the central focus, you have time to deepen your NVC skills to gain knowledge and fluency, developing compassion and empathy for yourself and others, all with the support of experienced NVC trainers with a wide range of styles.

Our intention is to offer a space for empowerment. We purposely limit the size of the group to ensure you have the opportunity to get personal support from experienced trainers who support your learning, comfort and care. The specific course contents are tailored according to what you want to learn, including: self-empathy, deepening empathy skills, inner transformation and healing, standing up for your own needs, dialogue practice in challenging situations, coming from a powerful place of human needs, pre-certification support...

The group size will determine whether there are three or four trainers.

The schedule offers plenty of time to practice and learn, to have supportive interactions with fellow participants and also space for holiday relaxing. PLUS... delicious food, sun and fun!

Join us for an experience to remember...



Towe, Louise, Marianne, Kaspar

**Marianne Göthlin** (Sweden) offers strong empathic qualities. She is particularly interested in sharing her in-depth NVC experience in education. Marianne has experience of running a school based on NVC values and has served as a trainer in many IITs with Marshall Rosenberg.

**Kaspar Ritz** (Switzerland) has studied and shared NVC in his profession as a consultant since 2005. He facilitates the training and group with his organizational, technical and physical skills (early morning sunrise walk or jogging, Tai-Chi/Qi Gong) and also offers empathy sessions and exercises.

**Louise Romain** (France/UK) brings liveliness, creativity and awareness to group needs. Louise founded and serves as a trainer at the European Intensive Course (EIC) and offers NVC public and in-house courses in Europe, Africa and the Far East. She also offers coaching and mediation for individuals and couples.

**Towe Widstrand** (Sweden) supports clarity and safety for the group. She has more than 25 years' international experience of sharing NVC in various settings. Towe has served as a trainer in many IITs with Marshall, offering courses in more than 20 countries and serves as an assessor on CNVC's certification team.

We are returning to Rosy's Little Village on Agistri island for this retreat. It is by the sea, a simple, beautiful, inspiring place to be, to calm down, catch your breath and perhaps forget, for a little while, that there was any such thing as a rat-race.



The view out towards Aegina and the sound of the waves can take your breath away every morning. And of course Greece's sunny climate means that you can swim before, after and even in between sessions! Rosy's has both pebble and sandy beaches on the clear Greek sea and offers genuine Greek atmosphere with locally sourced Greek traditional food, mostly organic, and accommodation with clean, simple rooms. There are delightful walks and Rosy's has bicycles on which you can explore the island or you can rent a moped in the harbour town of Skala, which is a 10 minute walk. More information at

[Rosy's Little Village](#)

Additionally, Agistri being the smallest of the Saronic islands and also the greenest, it's the most picturesque and the least developed island. These inspiring circumstances support our intention to stay self-connected and present during the stay.

## **Retreat course fee:**

650 €

Included in the price of this retreat are:

- collection from Agistri harbour to Rosy's
- welcome dinner on Saturday
- tea, coffee, fruit during the breaks and water at mealtimes
- a surprise evening on Tuesday of workshop activity and night-time reflexion
- a day out with picnic to see more of Agistri (depending on weather and still with workshops!)
- an evening of live music on Thursday
- a celebration farewell dinner on Friday

Not included in the price:

- food and accommodation during the course (560€, payable directly to Rosy)
- your travel to Agistri and
- alcoholic drinks and beverages

We've noticed that some people attending this retreat have enjoyed chilling out with family and friends who don't participate in the course, in which case if they share a room with you the cost per person of staying at Rosy's is 560€ (please book directly with Rosy).

We are happy to offer payment by installments for the course fee.

Registration and questions, please contact Louise at [louise.romain@wanadoo.fr](mailto:louise.romain@wanadoo.fr)

## **FAQ & Answers:**

### ***How does sharing a double room work?***

To keep prices for a wide number of budgets, we offer accommodation sharing a double bedroom with someone who speaks a common language. If you come with a friend, please indicate that you'd like to share a room when you book.

### ***Can I book shared accommodation if I come alone?***

Yes. If you don't say with whom you'd like to share a room, we will endeavor to put you in a room with someone of the same sex, hopefully speaking a common language, and as close in age as possible.

### ***Can I book a single room?***

Yes. The price supplement is 140€ for a single room either on site if possible or within 3 minutes' walk of Rosy's.

***Can I order vegetarian food?***

Yes. And it's delicious!

***Are all the rooms the same?***

No and part of the charm is the variety of bedrooms that Rosy's offers. They all have a sea view though!

***Can I book an early-bird price?***

No, we don't offer an early-bird price. If you're on a tight budget, you might like to opt for paying in installments. The sooner you book, the more likely it is that you can find a cheap flight.

***What's included in the price?***

650€ course fee (payable by bank transfer in Euros to Peace Factory to confirm your enrolment) and 560€ payable directly to Rosy's Little Village at the end of your stay, so a total of 1210€ (double room full board).

***When do I have to pay for board and accommodation?***

You can pay by bank transfer before you arrive at Rosy's and pay in cash for extras (like alcoholic drinks, extra coffees), or pay everything together at the end of your stay in cash, by bank transfer or Visa (there is a small supplement for credit cards).

***Can I book a special price with a friend?***

If they don't want to participate in the course, their cost of staying at Rosy's is 560€ sharing a room with you or 700€ if they choose a single room.

***When's the latest I can book?***

Whilst you can take advantage of booking your flights early once your place is confirmed, there is no date limit to book. The last available place determines the latest date and since some people book their place from year to year. We are grateful if you book sooner because it's easier for us to plan...

***What happens if the course is fully booked?***

Your name would be added to a waiting list, but since we could take up to thirty-two people, we have never been fully booked!

***How do I get to Rosy's on Agistri?***

You'll be picked up from the port at Agistri (included in the price). The Greek public transport system makes getting to Agistri island quite easy - it's about 2 hours onward travel from Athens airport depending on whether or not you have to wait for a boat at Athens port. So it's better to arrive at the latest by 3 pm local time at Athens airport for a comfortable journey. Once you've filled in the application form you will receive full details to make your

journey as smooth and easy as possible.

***How long does the retreat last?***

Seven nights with six full days of coursework plus an evening and a morning.

If you want to add extra days to your stay at Rosy's before or after the course, please book directly with Rosy via the website at [Rosy's Little Village](#)

***Do I have to participate in the Tai-Chi/Qi Gong every morning?***

Everything is an option for you to choose as you wish, including the Tai-Chi/Qi Gong and the morning and afternoon NVC sessions!

***Can I apply for financial help?***

We have no funds for scholarships for this course but we can offer payment for the course fee in installments. Please ask Louise for details.

***Can I afford this retreat?***

Answer: No idea! And there's no easy way to calculate how much it benefits you. One person in 2014 used what she learnt during the course to write for a salary raise and got it, which more than covered the cost of the course, and she came from the United States! Some people are coming back for the third and fourth time, so if you'd like hear the motivation from one or two of them, please ask Louise for contact details.

***What's the best time for a flight home?***

The retreat includes breakfast on Saturday morning. It's a rush to get to the airport on time for a flight that leaves before midday. If you want an easy stress-free journey, find a flight that leaves after midday or evening or spend an extra night in Athens.

***I'm feeling a tad squeamish about the Greek economy.***

No need. The political scene in Greece is looking up and tourists in Greece generally are contributing to stabilising the economy and helping pay people's salaries which in turn feeds their families. Not going to Agistri is like saying you're not going to visit New York City because there's hardship in Chicago. We know Rosy and Nandos well enough to know that the money we pay them goes to pay their staff (the same, year after year), and they really care about the well-being of the people in their employment.

***Other information?***

If your questions are not answered in this flyer, please contact Louise at [louise.romain@wanadoo.fr](mailto:louise.romain@wanadoo.fr) who will reply directly to you. Please note that Louise often offers NVC courses, so it's easier for her if you address your questions by email rather than by 'phoning her in France. She'll reply as soon as she can.

Some people enjoy a little more information about what attending this retreat is like, so here



are a few experiences that participants have shared with us on video in various languages including English, Flemish, Norwegian...

<http://peacefactory.fr/english-testimony-greece-valid/?lang=en>

And below are some more in writing.

We hope they inspire you and help you understand the value of participating in this retreat...

“I have been to the retreat at Agistri three times, and for me it's like going away to the most wonderful place to really take care of myself. Being with people who are out on the same mission and also willing to share the process in such a great environment. It feels very safe. And the whole retreat is gently taken care of by three experienced trainers, and we all have the opportunity to influence what we want to do. The stay in Rosy's little village is a charging of your batteries, it lasts about a year and then you want to come back for recharging.” Anniken, Norway

“One of the things I really appreciated with the week in Greece was the intention to combine a meaningful course with a nice holiday. Even if I always felt there was enough time for every activity, I could truly ask myself what my need was and felt absolutely free to choose whether to spend the whole day at the beach or participate in some group session.” Stina, Sweden

"We were NVC practitioners before coming to our first Agistri retreat so we had a pretty good idea what to expect. Surprise came half a year AFTER that first retreat, when we found out that our relationship had been more peaceful and joyful than ever before – and we traced this change back to some breakthrough moments of connection we experienced on Agistri. So we decided we would definitely treat ourselves to another Agistri experience - relax on the tiny peaceful beach, take walks, swim, enjoy Greek food and gently work on deepening our empathic connection, while fully supported not only by the trainers, but by everybody in the group. A perfect retreat indeed!" Marjeta Novak & Robert Krzisnik, Slovenia