

PEACE STARTS WITH YOU

NONVIOLENT COMMUNICATION RETREAT

20-24 AUGUST 2025

 **Alp Ces, Ticino, Switzerland**

COURSE LANGUAGE WILL BE ENGLISH, WITH THE POSSIBILITY TO DO THE EXERCISES IN YOUR LANGUAGE, IF AVAILABLE

CONTENT

This retreat provides a comprehensive introduction to Nonviolent Communication (NVC) according to Marshall Rosenberg. With practical exercises and lifelike scene design, you can learn ways of inner and outer peace. It is an opportunity to get in contact with yourself and others in an authentic way. Experience NVC as a “game changer” and “peace maker” thanks to its “energy of needs”.

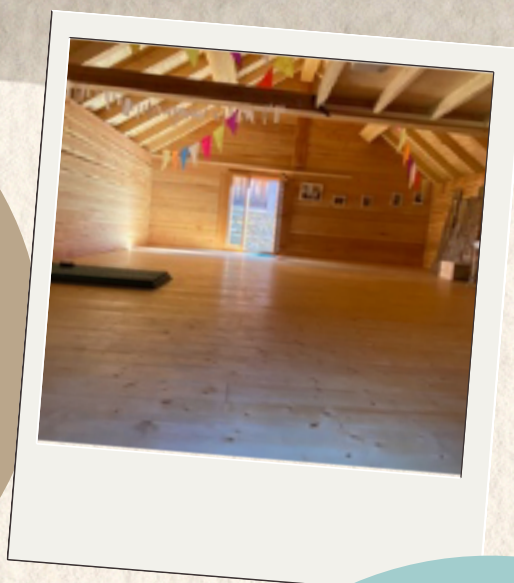
OTHER OPTIONAL ACTIVITIES

To complement communication with awareness and body presence, we will explore:

- Morning bathing at the waterfall
- Qi Gong in nature
- Land art exercise from the Tamalpa Life-Art concept
- NVC-Dyads (meditations in pairs)
- Wood fire sauna in the evening

ACCOMODATION AND FOOD

- Set in the Ticino mountain village Ces, a car-free magical place
- Shared bedrooms in a 400-year old house
- Possibility to stay in your own tent
- We will be treated to vegetarian organic food



PRICE RANGE

Food, lodging (4 nights) and luggage transport: **320 CHF**
+ Course fee: **320-400 CHF** (range depends on your income and financial situation).

10% discount if also booking the "Tamalpa Tanz Kreativ Seminar (in German, 15.-20.8)" in Ces.
<https://katrinstelter.de/angebot/kreativ-seminarwoche/>



EVA MAURER

Nonviolent
Communication
Trainer & Coach



OLIVIA DELLA CROCE

Nonviolent
Communication
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REGULA FRIEDLI

Theatre maker, Systemic
Forum Theatre according to
David Diamond, Tamalpa
Live Art Process

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Registration: <https://forms.gle/Y62d7zW6uS53wFoK8> by 20 July the latest. The retreat will take place with a minimum of 8 participants.