

Discovering the Heart of Communication with Patrycja Bielak
Event organised by The Shrimala Trust (Awakened Heart Sangha)

where: The Cherwell Centre, 14-16 Norham Gardens, Oxford OX2 6BQ

when: 1-2 November 2014

time: Sat 10am – 6pm and Sun 9am - 4pm

This weekend is for those who are interested in the wisdom of our daily interactions and who are also open to a Buddhist perspective.

The content of the weekend will be based on the ideas of [M.Rosenberg's Nonviolent Communication \(NVC\)](#) and [Lama Shenpen Hookham's Discovering the Heart of Buddhism \(DHB\)](#)

Nonviolent Communication (NVC) is sometimes referred to as compassionate communication. Its purpose is to create human connections that empower compassionate giving and receiving.

Both NVC and DHB are very practical, being rooted in our everyday experiences as human beings. They can bring actual change to how we view the world and how we communicate with it.

Cost for the weekend

£80

Tuition

This event is being run on donation basis. Suggested amount £50-£100 for the weekend.

Food

Lunch + Teas and coffee are provided.

Not included in the cost:

+ £15, if you are opting for the Friday evening meal at The Cherwell Centre

+ around £12 for a main dish and a drink meal in a local Indian restaurant on a Saturday evening

Booking

To book your place: Book online

Contact Jane Reed to book meals and for any other information janereed21@gmail.com

Go to the website www.ahs.org.uk and select the following

Calendar of events -> NVC and Buddhism event -> Book online now

Or copy and paste this link

http://ahs.org.uk/what-we-offer/retreats-and-events/calendar-and-registration/?cmd=events_calendar_detail&event_id=270

The online booking system allows you to pay a deposit or the full balance.

If you prefer to pay the deposit by cheque, send your cheque, payable to The Shrimala Trust, to The Hermitage, Ynys Graianog, Ynys, Criccieth LL52 ONT and submit your online booking form without making an online payment. Put a note in with your cheque saying what event it is for.

Your balance is due to be paid by 30th September 2014.

Overnight Accommodation

If you require overnight accommodation on either the Friday or Saturday nights you need to book this independently. The following options are available.

At the Cherwell Centre: They have single and twin en-suite rooms available. The charge is £40 per person per night for Bed and Breakfast (self-help breakfast, food provided). If you are interested in this option you are advised to book as soon as possible by contacting Sister Angela on aoconnor@shcj.org, 01865 517852.

Nearby Bed and Breakfasts and small hotels.

The Cherwell Centre (CC) is a 15 minute walk from Oxford city centre.

Parklands B&B www.parklandsoxford.co.uk

100 Banbury Road, OX2 6JU 15 min. walk CC

Linton Lodge Hotel www.bestwestern.co.uk

Linton Road, OX2 6UJ 15 min. walk CC

Cotswold Lodge Hotel (more expensive) www.cotswoldlodgehotel.co.uk

66a Banbury Road, OX2 6JP 4 min. walk CC

There are plenty of other B & B's in Oxford

www.bedandbreakfastsearcher.co.uk