

# Reclaiming Our Wholeness: NVC for Self-Liberation

Teleseminar Series and Residential Retreat



*Marina del Castell*

with Aya Caspi and Mitch Miyagawa  
Certified Trainers with the Center for Nonviolent Communication

## 10-week Teleseminar Series

Thursdays, 12 - 1:30pm Pacific

Oct 22, 29 / Nov 5, 12, 19, 26 / Dec 1 (Tues), 10, 17, 22 (Tues)

\$275USD

## 4-Day Retreat

Thurs Dec 3 - Mon Dec 7, 2015

[Harmony Ridge Lodge](#)

Nevada City, CA

\$495USD

Staying onsite:

+\$400USD 4 nights shared accommodation / meals

These are separate programs.

You're welcome to register for either program, or both.

**10% discount if registering for both teleseminar series and retreat**

[\*\*Register Now\*\*](#)



[Harmony Ridge Lodge](#), Nevada City, CA

Coming to this world we seem to be in full connection with our hearts and bodies, trusting life around us and showing up with our full selves.

For many of us, by the time we have graduated from childhood, this connection seem to be mostly lost - to the degree that we may not be aware of our own needs, not trusting that they matter, and not asking for what we want...

We invite you to join us in reclaiming your birthright – a journey to reconnect with our natural state of wholeness.

**Reclaiming Innocence:** reconnecting with trust in oneself and one's intention under all circumstances.

**Reclaiming Joy:** reconnecting with the state of 'play', the freedom to follow, from the inside-out, with our aliveness and creativity, our inner curiosity and what excites our spirits.

**Reclaiming Truth:** reconnecting with our authentic experience in every given moment and aligning how we show up in the world with our inner reality.

**Reclaiming Freedom:** reconnecting with our inner authority, our innate freedom to make autonomous choices, and meet others with our own truth.

**Reclaiming Vulnerability:** reconnecting with our humanity, embracing our vulnerability and letting go of hiding, trusting that we and our needs matter... recreating safety for self to be what it is, inside and out.

**Reclaiming Interdependence:** re-connecting with our trust in being cared for by others, that there are sufficient resources in the world to attend to all needs, and accessing our natural care and compassion for others.

What to expect:

**The teleseminars** will focus on integrating daily practices to support us in getting there... becoming the most powerful and loving beings we can be. Recordings and materials will be provided.

Participants will connect either through phone or internet, using the [maestroconference system](#).

**The retreat** will be a deeper dive into the topics in a community setting, using intensive solo, pair, and small group work.

The retreat begins with dinner on the night of Thursday, Dec 3, and ends at lunch, Monday, Dec 7, at [Harmony Ridge Lodge](#), Nevada City, CA. (1.5 hours drive from Reno, NV and Sacramento, CA.)

"Nestled in the stunning beauty of the Tahoe National Forest in Nevada City, this rustic luxury lodge welcomes all with a warm, intimate serenity."

We look forward to being and learning with you!

Aya and Mitch

# What people say about Aya and Mitch

"Mitch and Aya worked as a team, and the sessions flowed beautifully from one to the other with ease...There was a tone of respect, honesty and humility that Aya and Mitch established that I deeply appreciated as it met my needs for collaboration, connection and shared learning." - Hope, AB

"Aya and Mitch work so nicely together and created a place that was both safe and welcoming for me to share very deeply as well as to learn with an open heart." - Deb, BC



## **Aya Caspi, CNVC Certified Trainer**

Oregon House, CA

[aya.openheart@gmail.com](mailto:aya.openheart@gmail.com)

"Aya's ability to listen, hear, all rooted in presence and deep attention, set a new bar for me as to how we humans could aspire to interact, not only to (re)solve conflicts, but on a day to day basis. A new vision of "conscious relating" was midwifed into existence by Aya.

There are mirrors that reflect your image better than your own sight could perceive it, if you could stand beside yourself and watch - especially if the heart is cloudy. Aya is such a mirror, which remains an inspiration and a model for me. I am grateful that her soul dwells in this same age as I happen to be visiting here." - Andrei, CA



## **Mitch Miyagawa, CNVC Certified Trainer**

Gabriola Island, BC

"Mitch is a gifted facilitator. He's respectful, authentic, and able to establish rapport with a range of personalities. He is really exceptional at ensuring everyone is heard. I so appreciate his calmness and how he models the NVC process in all he does and in who he is as a person." - Larry, YT

"Working with Mitch one-on-one was a treat. I admired his ability to listen deeply and to hone in on what matters. I felt he was always right there, walking alongside, a compassionate yet engaged presence who offered thoughtful and insightful questions. This combination of authentic presence and skillful questioning made the conversation fully alive and meaningful." - Maggie, BC