

Webinar

with Elena Zanchetta

Sustainable Communication

A 40 min embodied introduction to the life-enriching gifts of communicating with an open heart.

Based on Non-Violent Communication (NVC).

MARCH 24 • 7:30 PM CET



Join!





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In this evening introduction, we will dive into **how to deal with judgments**. Can I hear a judgment as a tragic description of reality? What lays behind it then?

We are going to use our bodies as feeling tools to connect with our present authentic experience. To do so, I invite you to connect from a cozy and relaxing environment, wearing movement-friendly clothes and have something or someone warm to cuddle with.

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Join!