

Somatic Based Empathy Intensive Körperwahrnehmung und Selbstwahrnehmung

February 19-20, 2022

YOGAZENTRUM NANAK NIWAS, HEINRICH-BARTH-STR. 1,
20146 HAMBURG

Schedule: Saturday: 9.30 am to 6 pm, Sunday: 9.30 am to 4 pm.
Maximum group size: 18 participants

What others are saying:

“I really enjoyed and learned a lot from this course.”

“Dian was patient, flexible, mindful and provided a wealth of useful knowledge.”

“My experience was one of healing and growth.”

Would you like to listen more closely to your body, work more easily through blocks and triggers, and gain deeper self-connection, wisdom and insight?

Join us to experience new break-throughs in your life while learning practical, transformative tools you can use every day, in your own practice and in supporting others.

Somatic-Based Empathy, a practice developed by Dian Killian, PhD, blends coaching and NVC-based, deep self-empathy practices to listen closely to what our bodies are communicating to us via physical sensations. In addition to providing invaluable information and deeper, grounded wisdom, Somatic-Based Empathy can also result in relief from physical pain and discomfort and lead to new opening, release and renewed energy.

This program is for anyone wanting to:

- Learn new tools for self-care and well being
- Tap into deeper self-wisdom
- Integrate somatic awareness and mindfulness in daily practices
- Develop greater resources for self-empathy, especially when triggered, blocked or “shut down”



About the facilitator: Dian Killian, PhD, is the founder and former director of the Center for Collaborative Communication in New York City, a Certified Trainer with the international Center for Nonviolent Communication (CNVC), a certified life coach (a graduate of the Coaching for Transformation program), and co-author of *Connecting across Differences* and *Urban Empathy: True Life Adventures of Compassion on the Streets of New York*. She shares NVC around the world.

This program will be presented in English with German translation via Simran Kaur.

Learn more and register here:
bit.ly/somatic_empathy_hamburg

Workshop fee: €280