

Somatic Based Empathy Intensive Körperwahrnehmung und Selbstwahrnehmung December 8th-10th, 2023

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."

Zentrum für Bewegung und Wahrnehmung, Eppendorfer Weg 57A,
20259 Hamburg

Schedule: Friday 11am-6pm, Saturday 10am-6pm (with lunch break 1-2:30pm),
Sunday 10am – 4pm (with lunch 1:15-2:30pm)

Maximum group size: 22 participants

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_2023

Workshop fee:
Early Bird until Oct. 1: €320
Regular Price: €350