



## Empathy Series

### Connected Communication for Everyone

### An Embodied Approach to Navigating Life and Relationships

#### Session One

#### Discovery

Sat, Jan 21, 1-4 pm

#### Session Two

#### Understanding

Sat, Feb 18, 1-4 pm

#### Session Three

#### Creation

Sat, March 17, 1-4 pm

Third Saturday of each month: 1-4 pm | \$35 adv./\$40 door or \$100 for all three

Redefine your relationships in ways that allow you to co-create with authenticity, joy, and compassion. Drawing upon practices of embodied emotional processing and Nonviolent Communication, we will explore conflict as a source of intimacy in all types of human relationships. These playful classes will offer both practical tools and a powerful theory that can be applied to a lifetime of possibilities.

#### Discover

Connected communication begins with learning to distinguish between observations and judgments. We will look at assumptions and how they influence our thoughts, reactions, and behavior. Through play and investigation, we will expose the underlying narratives driving our lives and rewrite those stories with compassion. We will lay the foundation for taking responsibility for our own reality on a practical level.

#### Understand

We will investigate the hidden causes of our patterns and behaviors and gain deeper understanding for the driving forces behind our actions. Shifting from a paradigm of blame to one of connection, we will discover the power of effortless self-forgiveness and learn a practical approach to guilt-free learning from our mistakes.

#### Create

This session focuses on applying connected communication to the art of relationships. We will work on offering feedback and making requests in a way that fosters honesty and collaboration. We will find the power of play in creating the life we love and true freedom of choice, allowing us to say "yes" or "no" without fear.

#### About the workshop leaders:

Andrei Andreev is a photographer, dancer, and parent educator. Certified through Echo Parenting & Education, Andrei has presented workshops locally and abroad. He has been studying, practicing, and teaching alternative forms of communication and embodiment since 2005.

Julianne Gale is a teacher, dancer, and cultural fieldworker. Julianne has facilitated Theatre of the Oppressed and social justice workshops with a variety of organizations, including Gender Justice LA; youTHink; and The Multicultural Center at CSUDH. Also a certified nonviolent parent educator, Julianne recently received her M.A. in Applied Theatre Arts from USC.

**Call 310.559.7200 to Reserve your Space!**

Cancellations must be made at least one week in advance and will incur a 50% service fee.



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