



# Welcoming **OREN JAY SOFER** *Mindful Communications* *Teacher & Author*

## **An Evening Talk & Daylong Retreat**

Register for one or both sessions by February 16

### **An Evening Talk**

Friday, February 22, 2019 ♦ 7-9pm  
The Center for Mindful Living

### **The Art of Mindful Communication: Living Your Values**

Mindfulness practice provides a powerful support for clear, kind, and effective conversations. Join author and meditation teacher Oren Jay Sofer for this exploration of how our contemplative practice can provide a foundation for bringing more compassion, clarity, and connection into our speech and relationships. Oren will be offering teachings from his new book, *Say What You Mean: A Mindful Approach to Nonviolent Communication*.

The evening will include a guided meditation, lecture, and time for questions and answer. For those who wish to explore the topic further, this evening program will be followed by a daylong training on Saturday.

**Oren's book, "Say What You Mean, A Mindful Approach to Nonviolent Communications" is available for purchase at cost from Wisdom House Collaborative when you register. Your book will be available to you at the event(s).**

Register for one or both sessions at  
[www.123formbuilder.com/form-4418794/](http://www.123formbuilder.com/form-4418794/)  
or email [lcrosby@me.com](mailto:lcrosby@me.com).

### **A Daylong Retreat**

Saturday, February 23, 2019 ♦ 9-5pm  
The Center for Mindful Living

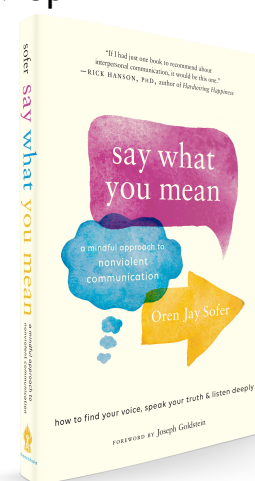
### **Say What You Mean: Creating Meaningful Conversations**

In this daylong session, Oren will share the foundations of an integrated approach to skillful communication. We will explore how to bring more mindfulness and care to our communication — our listening, speaking, and thinking. Participants will learn the three steps to effective conversations, concrete tools to bring more ease to difficult conversations and to enhance relationships in meaningful, healthy ways.

Drawing on mindfulness practice, the modern discipline of Nonviolent Communication, and perspectives of nervous system regulation and trauma healing, this day will offer practical tips to bring more clarity and care to your relationships, and to create the conditions for meaningful collaboration.

The day will include a combination of guided meditation, discussion, and interactive practice. This workshop is appropriate for all levels of experience; NVC will be taught at an introductory level.

*Teachings are freely offered at no charge, but registration is required and space is limited. Teacher dana is encouraged. Cushions, chairs, benches, blankets, water and tea will be available. Vegetarian, gluten-free lunch served on Saturday.*



### **Presented by**

Wisdom House Collaborative, The Center for Mindful Living  
& Mindfulness Outreach Initiative

**Oren Jay Sofer** teaches meditation and communication nationally. A member of the Spirit Rock Teachers Council, he holds a degree in Comparative Religion from Columbia University, is a Certified Trainer of Nonviolent Communication, Senior Program Developer at Mindful Schools, and a Somatic Experiencing Practitioner for trauma healing. Oren is the author of [Say What You Mean: A Mindful Approach to Nonviolent Communication](https://www.OrenJaySofer.com). Learn more at [www.OrenJaySofer.com](https://www.OrenJaySofer.com).



*"With clarity and great insight, Oren Jay Sofer offers teachings and practices that train us to speak and listen with presence, courage and an open heart."*

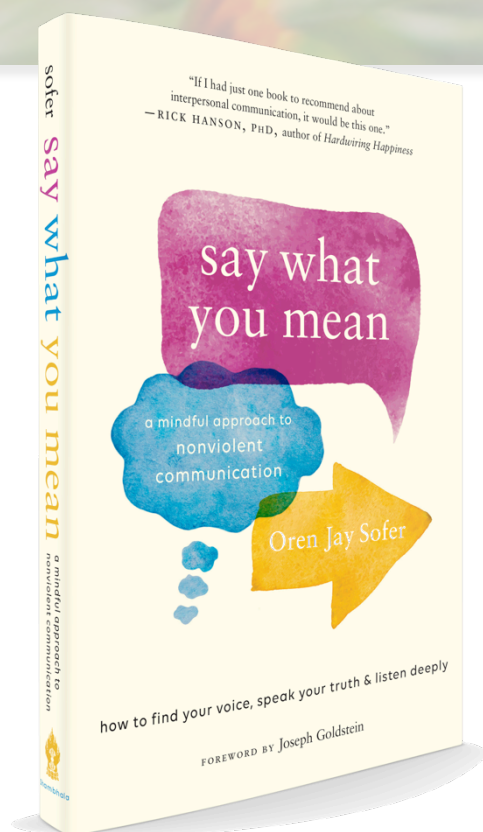
– Tara Brach, author of *Radical Acceptance* and *True Refuge*



*"If I had just one book to recommend about interpersonal communication, it would be this one."*

– Rick Hanson, author of *Hardwiring Happiness*

## how to find your voice, speak your truth and listen deeply



We spend so much of our lives talking to each other, but how much are we simply running on automatic—relying on old habits and hoping for the best? Are we able to truly hear others and speak our mind in a clear and kind way, without needing to get defensive or go on the attack?

The techniques in *Say What You Mean* will help you to:

- Feel confident during conversation
- Stay focused on what really matters in an interaction
- Listen for the authentic concerns behind what others say
- Reduce anxiety before and during difficult conversations
- Find nourishment in day-to-day interactions

**Presented by:**



**Wisdom House  
COLLABORATIVE**

