



March 23-28, 2007 with
Dr. Marshall Rosenberg
Nonviolent Communication sm Workshops and Retreat

Registration Form

NW Compassionate Communication, PO Box 290, Mountlake Terrace, WA 98043-0290

PLEASE PRINT

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Phone (day) _____ (cell) _____ e-mail _____

Please use one form per person unless several persons are from the same address and attending the same workshops.

__ Check if you do not want to be put on mailing and emailing lists for NW Compassionate Communication (formerly known as PSNCC) and CNVC (Center for Nonviolent Communication) news.

__ Check if you do not want to be added to the Freedom Project mailing list.

Amount you are paying

\$ _____ Friday, March 23, 7:00pm-9:30pm—Nonviolent Communication Introduction: Pre-registration is optional, but helpful. Payment is optional, too. Suggested Donation \$15-50

\$ _____ Saturday, March 24, 9:30-5:00—Practical Spirituality: Practicing The Presence of Nonviolent Communication No one turned away for lack of funds. Requested Donation \$95-185

\$ _____ Sunday, March 25, 9:30-5:00—Enriching Relationships At Home, Work and Play No one turned away for lack of funds. Requested Donation \$95-185

We suggest you bring a lunch or pre-order one below for the Saturday and Sunday workshops.

Lunches include: A selection of 3 vegan and 1 vegetarian wrap from Epic Gourmet and fruit. Water will be provided.

- Saturday: Thai. Rice, vegetables and Seitan in Peanut Sauce (nuts, wheat) \$5 per lunch
Black Bean. 88% organic brown rice and black beans white wheat tortilla. (wheat, soy)
Coconut Curry. Organic basmati rice, tofu, carrots and peas. Coconut milk (wheat, soy tree nuts)
Cheese Chipotle. Whole wheat tortilla, pinto beans, brown rice and cheddar cheese

- Sunday: Thai. Rice, vegetables and Seitan in Peanut Sauce (nuts, wheat)
Black Bean. 88% organic brown rice and black beans white wheat tortilla. (wheat, soy)
Coconut Curry. Organic basmati rice, tofu, carrots and peas. Coconut milk (wheat, soy tree nuts)
Cheese Chipotle. Whole wheat tortilla, pinto beans, brown rice and cheddar cheese (wheat, cheese)

\$ _____ Lunches total cost

\$ _____ Monday, March 26, 11:30am to Wednesday, March 28, 3:30pm—Retreat: Engaging the Heart of Nonviolent Communication Gold Bar, WA. Camp Huston is a comfortable camp, not a hotel. Rooms have 2 or 3 twin beds. Bathrooms are shared between 4 rooms. Dorms sleep 10. Prices include seven meals and range from \$595 to \$795. The minimum prices are: \$595 for a dorm bunk, \$620 for a bed in a triple, \$640 for a bed in a double Private rooms may be arranged separately at Wallace Falls Lodge nearby (888-337-7492). Cost for the retreat without including room and breakfast is \$495. We prefer that you pay the full amount at this time. Please send either the full amount or half the total amount as a deposit; bring the remainder to the retreat.

Are you male [] female [] Name(s) of requested room mate(s) _____

\$ _____ Total Amount you are choosing to contribute.

\$ _____ Amount of enclosed check to NW Compassionate Communication or credit card payment

\$ _____ Amount Due Please send either the full amount of your total registration now or half the total as a deposit. The balances of the other workshops are due at the door.

Money Request

We see money as the life energy you give us so that we may support the offering of NVC in Washington and all over the world. Please contribute at the top of your ability and comfort. If you would like to volunteer your time before, during or after workshops, please call 206-382-8576.

Credit Card Payment Information

Type of card Visa Mastercard Today's Date _____

Number on card _____

Expiration date on card ____ / ____ 3 digit number on back of card _____

Amount to be charged to card \$_____

Complete Name on card _____

Billing Name and Address on card (if different from address on other side of this form)

Street _____

City _____ State _____ Zip _____

Signature _____ Phone _____

Northwest Compassionate Communication is willing to fully refund your money for the weekend workshops if you are not able to attend and you are not interested in supporting similar workshops for others. If you cancel the workshops and would like to offer a donation to support the processing of your paperwork we suggest \$5-\$25. Please let us know how much you would like to contribute. For the retreat we would like to refund all but \$50 unless we are unable to fill your spot, in which case we prefer to keep \$200. Please let us know if you would like to offer something different.

Please return this whole form with payment to:

NW Compassionate Communication

PO Box 290

Mountlake Terrace, WA 98043-0290

For answers to questions: 206-382-8576 — marshallevents@psncc.org — www.psncc.org

How did you hear about us? PSNCC website Friend e-mail from us e-mail from friend
 Printed Ad Radio Station Town Hall Website Other _____

Please write any special requests for transportation, housing, or retreat food: