

# Skilful Communication Retreat

## About the retreat

This week will combine training and reflection – interaction and quiet time. It offers a chance to learn and to open the heart in the beauty of the Scottish Highlands. We will introduce skills in communication, as well as meditation and some Buddhist principles. This retreat is open to all; no previous experience of Buddhism or meditation is expected.

There will be communication input, exercises, role plays, various types of connecting, physical stretches, some challenge of habits and views, and plenty of fun. There will be free time for walking, reading or resting. Simple ritual, poetry or chanting to end the evening quietly.

## Approximate programme outline:

6:30	Rise
7:10	Stretches & gentle movement, then meditation
8:45	Breakfast
10:30	Communication workshop
	Short meditation
13:00	Lunch
	Free time
	Stretches & gentle movement
	Workshop
	Meditation
18:00	Dinner
	Evening activity, ending with a short meditation /ritual

## Meditation

We will teach two simple meditation practices from the Buddhist tradition, one of which encourages calm and concentration; the second encourages us to develop positive emotions, such as confidence, friendliness, and the ability to empathise with others. There will be 3 or 4 periods of meditation each day.

## Work Period

Each day everyone able to will do a short simple job, such as washing up or chopping veg.

## Silence

To ensure some peace, and allow time to assimilate the training, there will be silence overnight until the 10.30 training session.

## Advance preparation / things to bring

Please bring a pen, paper and an empty folder to hold the A4 colour handouts you will be given.

We also ask that prior to the retreat people read Marshall Rosenberg's book "Nonviolent Communication: A Language of Life". A quick read; available online and at most bookshops.