

Living and Working with NVC (and Focusing), 2010

The course is open to anyone who has had four days' previous training in Nonviolent Communication™.

- Module 1 February: Thursday 11th 11am – Sunday 14th 3.30pm
- Module 2 March: Thursday 18th 6pm – Sunday 21st 3.30pm
- Module 3 May: Dhanakosa Retreat, Friday 7th 7.00pm – Friday 14th 11am
- Module 4 June: Thursday 24th 6pm – Sunday 27th 3.30pm

For more information contact Elizabeth English (Locana):

Tel: 01223 429926 or 07811 289671

Email: elizabeth@lfeatwork.co.uk

Booking online:

- **Please complete this booking form, and return it to us**, then go to our website to pay securely online with a credit card or via your PayPal account:
<http://www.lfeatwork.co.uk/aboutus/workshops.htm>.

Booking by post:

- Please fill out the booking form below, and send it to us with a £100 non-refundable deposit. This covers all modules, *including* the retreat module (i.e. you do not need to book separately for the retreat).
- Make cheques payable to 'Life at Work' and send to: **32 Fen Rd, Cambridge CB4 1TX**.

Booking by email:

- Alternatively, pay your deposit / full course fee online, then fill out the form below and email it to us (elizabeth@lfeatwork.co.uk).
- Online banking details: **Lloyds TSB (Elizabeth English) Account Number: 03080387. Sort Code: 30-13-55**

Once you have booked:

We will confirm your booking and send you further details. There are a limited number of concessionary places only, so please book early if you are requesting a concessionary rate. You will need to organise your own accommodation in Birmingham. Simple, shared accommodation *may be available* at Dharmapala Annexe at £15 per night. Please book directly with Dharmapala College (call 0121 449 3700 or email info@dharmapalacollege.org).

NB Please note that we are hoping to fill the course with people practising or sympathetic to Buddhism. If the course does not fill up, we may open it to others. We will contact you first if we decide to do this.

BOOKING FORM – [Living and Working with NVC \(and Focusing\), 2010](#)

Name:

Please indicate whether you are paying the

Concessionary Rate (£1,225)

Standard Rate (£1,550)

Business Rate (£1,900)

I enclose my deposit of £100 / the full fee of £ (please indicate the amount).

I confirm I have paid online or I am/will be sending a cheque

Do you require a VAT receipt? Yes No

NB If you are paying a deposit, please pay your remaining balance at least one month before the course begins.

Address:

Tel:

Mobile:

Email address:

Do you agree for your email address to be sent to other participants who have booked on the course prior to the course beginning? Yes No

If 'Yes', I confirm my email address is (please write clearly):

Do you have any special requirements?

Is there anything else you would like us to know about, which would help you attend the course?

How did you hear about the course?

Would you like to be on our mailing list (maximum four emails per year?) Yes No

Signed:

Date:

32 Fen Road
Cambridge CB4 1TX

Tel:
01223 429926

Web: www.lifeatwork.co.uk
Email: info@lifeatwork.co.uk