TrueColorRetreat_cover2harrietteTC_retreat_logo

Aka Nonviolent Communication

**a great weekend!**

**Get ready for**

**Mountain City, TN 37683**

From The

Organizers:

Both on the dance floor and beyond, I am seeking relationships that align with my values and express my contentment.   
I imagine that you may   
be seeking the same.

Years ago, while dancing to Lift Ticket’s music at Contra Dancers Delight Holiday, an important shift on this journey took place. I noticed what a joyful affect a fellow dancer had on others throughout the dance formations. Their intentional presence was obvious, making them a pleasure to dance with. In talking with them after the dance, I learned of their practice of and passion for Nonviolent Communications (NVC). Our conversation continues, their passion now mine.

Ever since then my own CC/NVC practice has become a game changer across all areas of my life. It is a tool which offers me opportunities to become more compassionate, whole hearted, and less violent both internally and externally. My practice shifts how I run my home, choose my diet, maintain relationships, and even write my clinical notes. CC/NVC changes the way I physically move through space and time.

True Colors CC Dance Retreat is a way to share my experience as a therapist, dancer, and chef by providing the opportunity for others to explore the benefits CC/NVC.

Many thanks to fellow practitioners and True Colors CC Retreat collaborators and Co-Host: *Lift Ticket* musicians Rex Blazer, TJ Crow, and Jeff Spero; callers Terry Doyle and Warren Doyle; sound by John Pertalion; workshop guides John Brady and Willow Kelly and the crew of True Color Cooking.

With gratitude, we invite you to join us for

a joyful weekend of dancing, dining,

, whole-hearted community!

Harriette

Stamp Here

**“Rumi says … Out beyond ideas of wrongdoing and rightdoing, there is a field. I will meet you there. It’s in that place, that field, where NVC helps us to live.”**

**Marshall Rosenberg**

*Harriette Bugel, LCSW is the Owner and Operator of True Color Services, LLC. She is well known throughout the contra dance community as a dancer, and Executive Chef of True Color Cooking, catering for dance weekends. She is also known throughout the Asheville community for her therapy services, True Color Counseling, PLLC.*

True Color Cooking

c/o Harriette Bugel

PO Box 258

Asheville, NC 28802

Nonviolent Communication aka

Compassionate Communication

**Weekend Registration Form**

**$100 Weekend Admission**

Dancing, 6 meals, 2 snacks and NVC Workshops

Housing Cost Separate

**Dancer** (s) $100 x \_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_

(not gender balanced)

**Housing** **on site**; per person, per night

Camping $5 x \_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_

Bunk House $10 x \_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_

Total $\_\_\_\_\_\_\_\_\_

Off Site Housing: www.contradancersdelight.com

**Contact Information**:

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City, State, Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(email confirmation provided)

**Meals:** (Circle one)

Omnivore, Vegan, Vegetarian

**Tell the Chef what you can NOT eat:**

(Gluten, Dairy, Nuts, ???)

**Tell the Chef what you would LIKE to eat this weekend:**

**What else should Organizers know?**

**Detach and Mail registration form, one per person, with your check(s) made payable to**

***True Color Cooking***

**c/o Harriette Bugel PO Box 258**

**Asheville, NC 28802**

**Full refund available until Sept. 22, 2018**

**From Sept. 23 –Oct 4th refunds will be granted, minus $20**

The Appalachian Folk School

3142 Divide Road

Mountain City, TN 37683

**“***… an easy to grasp, effective method to get at the roots of violence and pain peacefully. By examining the unmet needs behind what we do and say, NVC helps reduce hostility, heal pain, and strengthen professional and personal relationships.* **”**

– Marshall Rosenberg

PuddleDancer Press

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**\*What Is Compassionate Communication (CC) aka**

**Nonviolent Communication (NVC)?**

A communication process developed by [Marshall Rosenberg](https://en.wikipedia.org/wiki/Marshall_Rosenberg) beginning in the 1960s, CC/NVC is a technique for clear, empathic, non-judgmental communications proceeding through four areas of focus: observations, feelings, needs, and requests.

While NVC is taught as a process of communication to improve compassionate connection to others, it has also been interpreted as a spiritual practice, a set of values, a parenting technique, an educational method and a worldview.

Nonviolent Communication 3rd Ed by M. Rosenberg

www.CenterForNonviolentCommunication.com

**Why Is CC/NVC Relevant**

**To Contra Dancing?**

CC/NVC provides a set of skills to request and receive something we need while dancing and ways to consider meeting the expressed needs of others. It keeps the dance community’s “play space” safe and satisfying. The practice allows us to increase our capacity for compassion and then share this through whole-hearted dancing.Rather than exact dance moves making the difference in a dance, the value lies in the space between them.

**Not Your Typical Dance Weekend**

True Colors CC/NVC Retreat is designed to experience CC/NVC basics betwixt and between a weekend filled with dancing and dining. With authenticity and mutual respect, we will learn about the ways we communicate (both verbally and non) and consider strategies to live with more compassion, grace, and connection. Subsequently, we will benefit as individuals and positively affect those in our circles beyond the weekend.

**Who Creates This Experience?**

***You, yes You!*** Your presence and passion for dancing with a willingness to learn and share are key.

Rex Blazer, TJ Crow and Jeff Spero, also known as ***Lift Ticket*** providing playful tune renderings.

Terry Doyle and Warren Doyle guiding our dances with clever calling.

John Pertalion providing the ever important sound.

**CC/NVC 101 workshops led by:**

• John Brady - fisherman, contra dancer,   
 NVC Practitioner & Practice Group Leader

• Willow Kelly – Community Organizer, Healer, Counselor

• Harriette Bugel, LCSW, NVC Practitioner

Chef Harriette of ***True Color Cooking*** creating dancer–conscious meals to nourish and sustain. Vegan, Vegetarian, Omnivore, GF, dairy and nut–free meals crafted on-site with organic, local, seasonal, clean (no GMO if possible) ingredients.

**Schedule** Check [www.truecolorcooking.com](http://www.truecolorcooking.com) **Volunteer** All participants are   
requested to volunteer for 2 hours   
during the weekend!

**Scholarships** available for   
kitchen duty only. Contact Harriette

**“***Taking the dance with you into*

*the world with NVC.***”**

– Rex Blazer

For more information contact Harriette Bugel at [truecolorcooking@gmail.com](mailto:truecolorcooking@gmail.com) or (828) 712–8278 cell/text