



DAE YEN SA
INTERNATIONAL
BUDDHIST
TEMPLE AND
MEDITATION
CENTER

19 Kinsey Road
New Hartford
Connecticut 06057
860-459-6255
<http://daeyensa.blogspot.com/>
Join us on facebook

Join us...
Saturday Sangha
9 am -12:30 pm
Yoga, Meditation,
Korean Vegetarian lunch

Join us...
**Dae Yen Sa
Dharma School**
Each Wednesday evening

Now studying:
The Dhammapada
7 pm - 7:30 pm
Chanting & Meditation
7:30 pm - 8:30 pm
Recitation
Discussion & Tea

We welcome individuals of all paths and understandings to participate in weekly gatherings consisting of meditation, meditative reading and review along with group reflection on Buddhist principles and practices or Dharma. The only requirement is an open mind and open heart.

DON'T MISS THIS IMPORTANT WORKSHOP!
FREE TO THE GENERAL PUBLIC.

Communicating Compassionately in a World of Conflict

Based on the work of Marshall Rosenberg, PhD., and the Center for Nonviolent Communication

**Learn how to live more peacefully
and compassionately practicing
Right Speech and Right Action...**

Buddhist teachings on the 8-fold Path require that we not only study the principles of Right Speech and Right Action, but that we actively live them out in the everyday. Each day we can create peace rather than discord through the way we communicate with others. But how?

By learning the skills of Nonviolent Communication we can begin to develop and maintain effective partnerships with our friends, family, community members, and co-workers through a more skillful approach to communication based on honesty and openness.

This workshop will teach you ways to:

- Express yourself in ways that can be heard
- Truly hear what others are expressing regardless of the words used
- Connect with the universal needs driving all human behavior
- Express gratitude without the use of praise and moral judgments
- Use language as a tool of connection rather than control

About the Presenter: Twice the victim of violent crimes, Joe Brummer has spent years exploring why people commit acts of violence against others. He has studied nonviolence, conflict resolution and clocked hundreds of hours at the mediation table. He has worked with the Institute for the Study and Practice of Nonviolence to bring nonviolence to youth in schools, studied with the Community Mediation Center of RI and serves on their Juvenile Restorative Justice Advisory Board. In the winter 2008, Joe attended the International Intensive Training on Non-violent Communication. Joe is also the Connecticut representative for New England NVC.

**Monday
January, 18
6:30-9:30 pm
at Dae Yen Sa**
*In Celebration of
Dr. Martin Luther King, Jr.*

**With guest
NVC teacher,
Joe Brummer**