

## **Living Compassion Introduction – Robert Gonzales**

**November 03, 2018 9:30am - November 05, 2018 4:30pm**

### **Living Compassion – with Robert Gonzales (USA)**

#### **Dates**

November 03, 2018 - November 05, 2018

#### **Location**

[Mainhaus Stadthotel](#) in Frankfurt/Main

### **3 day Intensive - Workshop with Robert Gonzales**

held in English with German translation

#### **About Robert Gonzales**

Robert Gonzales got to know Nonviolent Communication more than 30 years ago and collaborated with Marshall Rosenberg for many years.

Throughout the years he has deepened the underlying attitude and practice of NVC. His main dedication and area of exploration and interest lies in experiencing the quality and energy of needs. A major component in the work Robert has developed is to be found in various deep and intensive processes to get into contact with oneself, one`s own inner parts and others around us.

This workshop offers the rare opportunity to get to know Robert and his work of Living Compassion. In the year 2018 this is the only workshop of this kind with Robert Gonzales in Europe.

#### **Living Compassion**

The main focus during this 3-day workshop will be cultivating and strengthening a precious inner stance that enables compassion for ourselves and others.

Based on his own experience with Nonviolent Communication and by passing it on to others, Robert developed processes that draw upon the fullness and living energy of needs. They enable the life in us to enter back into a flow.

#### **Workshop fee**

You are invited to choose an amount between 1,245€, and 445€ freely, considering your financial background. (This fee includes 19% tax)

In choosing the amount you pay, the following orientations might help you:

If everyone pays 600€ or less, all costs will be covered and a little tip is left for the trainers.

If everyone pays between 700€ – 1,000€ we can pay for our living costs.

If everyone pays 1,100€ or more we can finance other projects that don't yet finance themselves sufficiently.

We are aware that this is a rather unconventional approach. It is an experiment for us, too. If you have uncertainties, need more clarity, have questions or resistance to this model, please approach us. We will find a solution that works for everyone.

### **Day rate**

The day rate at Mainhaus Stadthotel Frankfurt is 55€ per day, which adds up to 165€ for 3 days and includes:

- lunch
- workshop beverages
- 2 coffee breaks per day with cake and fruits

The charge of 165€ needs to be paid additionally to the workshop fee you choose.

The day rate is part of our contract with the hotel and will not be reduced if you bring your own food/snacks.

If you wish you can book an additional dinner option at the hotel.

### **Accommodation**

The hotel reserves on our behalf a specific amount of rooms for participants that travel from far. Room rates start at 85€ per night (single occupancy) and 55€ per night (double occupancy). Due to the contingent of rooms that are tentatively reserved for us being a limited number, we recommend an early booking directly with the Stadthotel: <http://mainhaus-frankfurt.de>.

### **Workshop hours**

Saturday: 9:30 am – 6:00 pm

Sunday: 9:00 am – 6:00 pm

Monday: 9:00 am – 4:30 pm

### **Registration**

Due to the constrictions of space that the workshop room provides, the participant number will be limited to approximately 100 people. Last time the spaces were taken rapidly. We recommend you to book as soon as possible. Your spot is secured and binding once you have filled out the registration form and payed a deposit of 165€ (day rate). Register [HERE](#).

The full workshop fee is due by September 1, 2018.

### **Cancellation policy**

If you cancel by September 1, 2018 prior to the workshop start, payments made will be refunded in full (minus a €50 processing fee).

If you cancel after September 1, 2018, no refund is available.

### **Workshop insurance**

We recommend you to book a workshop insurance, that will refund your costs to you if you can't participate due to health reasons or other serious matters. There are several inexpensive insurance providers. Please read through their terms and conditions thoroughly to check what their service encompasses and which occurrences are covered. Here is one provider:

<http://bit.ly/2e5gzln>

### **Questions & contact**

If you have questions you can contact us anytime:

e-mail: [team@seminargourmets.de](mailto:team@seminargourmets.de)

phone: 0049-(0)69/46007826

cell: 0049-(0)151/40508407