

# Come catch the wave!

Cocreating a holiday with personal values

Greece, 17th to 22nd September 2022



*5 days of learning, sharing and holiday with  
Kaspar, Marianne and Louise*

Our dream is to offer a space for a combination of NVC practice with holiday time spent in the company of kindred spirits.

We imagine the balance between NVC skill-building and practice and holiday time unfolding as we come together. And we have a deep trust that we can adjust to life as it shows up every day!

We've come to know Rosy's Little Village on Agistri island over the past 14 years and we are thrilled at the idea of experiencing again this place that supports deep nourishment at many levels because Rosy's, which is family-run, is the perfect place to slow down to tune in and deepen self connection. Our objective is that we all come away with batteries recharged because we've been on a relaxing, inspiring and nourishing holiday!

We plan that the whole group comes together as a community, starting on Saturday evening for dinner. Then our idea is to meet as a group after breakfast to find out the needs and requests for the day. Sessions are optional, which is why your contribution is flexible. We plan to offer 1 or 2 or 3 NVC sessions every day, depending on your requests.



The community sharing continues in the evening before and with dinner.

The group size is limited to the amount of accommodation, which is booked directly with Rosy. The workshop is in English, starting with dinner on Saturday 17th, and ending with dinner on Thursday 22nd. We anticipate that, like us, most people leave after breakfast on Friday 23rd.



#### **Accommodation and food:**

Your accommodation and food is payable directly to Rosy's Little Village at the end of your stay, and depends on whether you have a single or double room and what you eat!

Rosy's offers nightly rates for

- a room (single €72 or double room €76),
  - half board (single room €108 or double room €148 for two people) or
  - full board (single room €133, or double room €198 for two people).
- And of course if it suits you to arrive before the retreat, or stay a little longer, you can!

Please see Rosy's website for more details and book according to your wishes. There is plenty of accommodation, however as Rosy's is a very popular place to stay, we recommend booking as early as possible, especially if you would like to stay in the Village rather than surrounding rooms.

Rooms: <https://www.rosyslittlevillage.com/accommodations-rooms.html>

Food: <https://www.rosyslittlevillage.com/restaurant.html>

### Contribution to trainers:

For organisation and holding spaces for the group (morning community meeting, Ti Chi, lunches, evening community sharing and dinner), we invite you to contribute € 250 for the five days.

### Contribution for NVC training:

For the NVC sessions, you have two choices:

- If you already know you would like to take part in the NVC sessions every day, you can choose to pay €275 (so a total contribution of €525 for the 5 day course); or
- If you might prefer to decide your participation in sessions day by day, we would like to receive your contribution of €55/day at the end of the retreat.



If the amount you would enjoy contributing is lower (or higher!) than our request, please contact [Louise](#).

We are also happy to offer payment by installments.

Your trainers are Kaspar Ritz (CH), Marianne Göthlin (SE) and Louise Romain (FR/GB).

Are you ready to register? Please click on this [link](#) (which takes you automatically to the registration form) or go to <https://tinyurl.com/NVC-Greece-2022> or use this QR code:



More information and the full invitation at [peacefactory.fr](http://peacefactory.fr) under courses, or please contact Louise at [louise@peacefactory.fr](mailto:louise@peacefactory.fr)

Imagine - Summer days on a Greek island,  
ideal for recreation, morning exercise,  
hanging out on a sun lounger, swimming in the sea  
and eating delicious Greek food!