



In Lower Cilento, in the province of Salerno, in the small village of Tortorella overlooking the splendid Gulf of Policastro

6-13 September 2026

“Be present and open to life”

Time for holiday and personal growth with Nonviolent Communication

Are you up for opening up the flow of life energy by

- Having some time to connect with yourself
- Deepening your NVC consciousness and practice
- Enjoying a supportive community of kindred people
- Giving yourself a nourishing holiday

You are invited to be part of one of our appreciated summer events. This time we will meet up in Cilento. These events offer inspirational learning, community support and fun, and time for recovery - a nourishing mix of deepened NVC training and adventures in nature.



We will take our time to tune in to core needs and how to make them alive in our relationships. We will offer a variety of opportunities to practice the essence of NVC, including practicing the three possibilities for connection - self-empathy, empathic listening and authentic expression.

Some themes we envision to explore and practice on

- connection with yourself - also in challenging situations
- being aware of the intention to cultivate connection
- cultivating presence - the power of empathy
- finding motivation and strength to be honest/authentic
- growing awareness of mutuality - essence of giving and receiving
- holding my hope alive in times of challenge
- from principles to action-spirituality of non-violence practice



There will be time to deeply connect with yourself - spirit, body and mind - time for self-reflection. We will practice to balance our self-care with care for others. Living mutuality in daily life situations. **It is all about being present and open to life. We will co-create our days according to the needs of our group and what the environment offers.**

The training will be 4 hours a day and will be held in English and Italian with translation. In the afternoon we will propose trips to the seaside and excursions to live together also our leisure time, if you wish.

We welcome both you who are fairly new to NVC and you who are looking for in-depth training.

Minimum requirement is to have read the book "Nonviolent communication, a language of life" by Marshall Rosenberg or to have attended an introduction training.

We will be hosted by Tenuta Vallina (www.tenutavallina.it) and Masseria Cata Catascia (www.masseriaticatascia.it), two venues (ten minutes walk from each other) in Tortorella in the province of Salerno, overlooking the Gulf of Policastro (Sapri).



Marianne Göthlin, Certified NVC trainer from Sweden, is sharing NVC internationally, promoting empathic dialogue and joyful learning in all settings.

Cristina Buongiorno met NVC in 2007 and deals with training in different fields and conflict mediation

Meri Ciuti has been practicing and spreading NVC passionately for 20 years in the social and educational field.

Maria Valsecchi, homeschooler mom for many years, translator and interpreter trying to integrate NVC in her daily life

Come join us - give yourself a treat!

More info and registration in English

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**The Center for
Nonviolent
Communication**