

Psycho Spiritual Workshops Series

LifeSprings

Canossian Spirituality Centre

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a taste of Nonviolent Communication

By Sister Rosalia Yeo

Come to get some knowledge and to have a taste of a form of COMMUNICATION that helps you

- develop relationships based on mutual respect, compassion and co-operation
- experience more peace and harmony within yourself and with others
- resolve conflicts peacefully

The content of this course comes mainly from Dr Marshall Rosenberg's Non-violent Communication approach as well as other valuable, time-tested helps for effective, satisfying communication.

Workshop Dates/Time:

12 April 2008 (Sat) 10am to 3pm

19 April 2008 (Sat) 10am to 3pm

Price: \$50 (lunch inclusive)

Prayer Journey An Exploration

By Sister Christina Yeo

Workshop Dates/Time:

24 Feb 2008 (Sun) 2pm to 5pm

9 Mar 2008 (Sun) 2pm to 5pm

Price: \$20

Finding My Centre with Enneagram

By Sister Christina Yeo

Workshop Date/Time:

4 May 2008 (Sun) 10am to 3pm

Price: \$50 (lunch inclusive)

Towards Inner Freedom

with Choice Theory

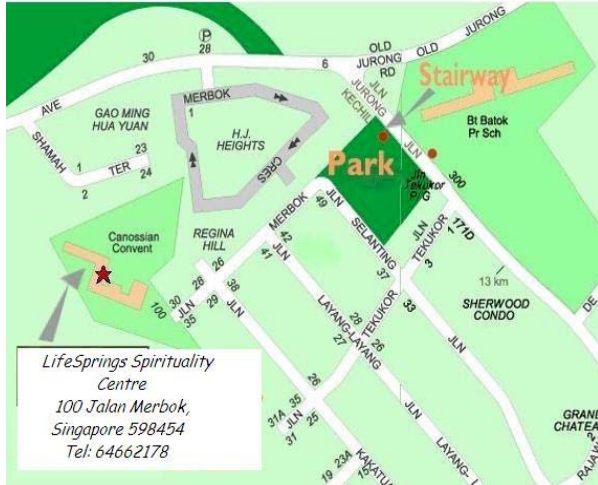
By Sister Louisa Lim

Workshop Date/Time:

26 Apr 2008 (Sat) 2pm to 5pm

Price: \$20

Location:



Buses: 61, 66, 157, 174, 970, 985
Bukit Batok MRT Station – Bus 61

Bus Service Nos. 61, 66, 157, 174, 970 & 985. Alight at the bus stop on Jalan Jurong Kechil (Bus stop no. B09) or opposite (Bus stop no. B10) depending on which direction you are coming from. Go up a flight of steps near the bus stop (B09), follow the footpath out of the park and take a right turn, onto Jalan Selanting and walk to the end of that road into Canossian Convent. About 5-7 minutes walk from the bus stop.

If you are driving: turn left into Jalan Tekukor when on Jalan Jurong Kechil. Then take the first right turn into Jalan Selanting and drive to the end of that road).

The Speakers:

Sr Rosalia Yeo is a Canossian Sister. She has completed the Basic, Intermediate and Advanced Courses in Non-violent Communication and attended the International Intensive Training at Bangalore in 2004.

She has given talks, workshops and short course in Non-violent Communication and other related topics.

Sr Christina Yeo is a Canossian sister. She has been engaged in Education, Formation and Parish ministry with adults and youth for the past twenty years at the Major Seminary and the Singapore Pastoral Institute. Her chief interest is psycho-spirituality and Adult Faith Formation. She has been actively involved in personal accompaniments for Life Options and Vocational discernment.

Sr Louisa Lim is a Canossian Sister. Being passionate with Choice Theory, she has spearheaded the “Choosing Right Character Development” Programme in school teaching the students and staff about Choice Theory. Currently she is the in-house spiritual director and counselor of LifeSprings Canossian Spirituality Centre.

Please register me for the following (Please tick)

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PRAYER JOURNEY (AN EXPLORATION)

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FINDING MY CENTRE with ENNEAGRAM

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4 May (Sun) 10am to 3 pm

TOWARDS INNER FREEDOM with CHOICE THEORY

Price: \$20

26 Apr (Sat) 2pm to 5 pm

Name: _____

Email Address: _____

Contact Number(s): _____

Postal Address: _____

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Cheque made payable to " Canossian Convent "

REGISTRATION FORM