

Unity Church of Little Rock Presents

# Inner Peace through Compassionate Communication

March 19, 2016 ~ 10 am to 1 pm  
3 Hour Class ~ \$33 Per Person



**Do you have a big dilemma in your life?**

**Does one part of you want one thing and another part wants something else?**

Sometimes we find ourselves in a dilemma and all the parts of us want to be heard and held with care. There are precious gifts that want to be revealed by each part of you. When you fully listen and acknowledge each aspect of yourself, an organic transformation emerges and you can begin shifting from separation to integration, understanding, and peace. This class provides small group activities in a safe and supportive environment.

**This interactive class teaches a powerful technique that helps you**

- Nourish your connection with yourself
- Listen more deeply to your heart's yearnings
- Experience more clarity as you attune to your deeper guidance
- Attune to your deeper inner guidance

**Participants will**

- Go home with an effective transformational technique
- Cultivate deeper self-connection and insight
- Increase your inner peace, clarity, and harmony

**Kayse Williams is a Catalyst for Compassionate Change, Inspiration and Empowerment**

Kayse has devoted her life to personal growth, spiritual awareness, and trusting her Heart's Wisdom. Kayse helps people deepen in self-compassion, reclaim their power, and rediscover their heart's calling. She embodies a fun loving life affirming attitude, and is as playful as she is deep.

- Has studied and taught Nonviolent Communication for 9 years
- Graduate of Bay Nonviolent Communication Leadership Year Long Program
- Graduate of Francois Beausoleil's Empathic Livelihood Program
- Candidate for Nonviolent Communication Certification
- Mesa Carrier with The Four Winds Peruvian Indigenous Teachings

**Websites:** [www.compassionate-connection.com](http://www.compassionate-connection.com) and [www.sacred-alchemy.com](http://www.sacred-alchemy.com)

[unitylr.org](http://unitylr.org)