

An invitation to Summer Events at 'The Rainbow Mill' Norfolk, UK

NVC Camp 21st – 27th August '09

This camp is open to all ages, individuals and families. The intention is to create an inclusive environment for fun, games, sharing, community, connection, learning, adventure and collaboration within NVC

It is anticipated that the camp will be co-created by participants, with opportunities to come together to shape how we best meet the needs of us during the camp. Present suggestions include morning and evening circles for connection and sharings, celebrations and mournings; empathy groups and/or buddies; camping in circles with firewood provided for cooking shared meals; structured workshops and unstructured offerings and games for all ages.

Offerings to include: Shantigarbha: morning workshops; Mark: embodied NVC and games; Sarah: open sharing space; Olga: non-verbal NVC aimed at little ones; Des: 'dance floors' - including on the nearby beach!

Financial request: under 5's no contribution – 6-17 year olds £25.00 adults - sliding scale of between £65.00 - £120.00 per person to include camping, firewood & workshops Dorm rooms and local B+B are possible for those not wanting to camp please enquire.

The sliding scale is a strategy to meet sustainability for the camp and participants:. Suggested guidelines: the lower scale for those who struggle to pay rent, the upper scale for those regularly able to eat out well. Please contact us if this request would prohibit you from joining us.

Enquiries: gayano@ymail.com 01558 650747 / desmondrmoss53@hotmail.co.uk 01692 650323

Bookings: penny@headweb.co.uk 01559 362510.....deposit £30.00 per adult

Celebratory Opening of 'The Mill' 29th August

Des invites you to come and join him for a celebration Party of the Mill as a future venue for NVC trainings and retreats – noon till late – camping available - time to relax, share, hang out and connect - music from different bands - dancing - supper to be served at 8.00 pm – you are invited to bring along any drinks...