

# SARAH PEYTON

## HOW EMPATHY UNIFIES OUR BRAINS AND BODIES Healing Past Traumas



### Date and Location

February 16 and 17 at  
The Relaxation Centre 15  
South Pine Rd, Alderley,  
Brisbane Qld 4051

**Times:** 9.30am - 5.00pm

**Cost:** \*\$350 per person  
Book with \$100 deposit.

*\*Some \$ concession places available  
(Email: [cate.crombie@gmail.com](mailto:cate.crombie@gmail.com))*

**Register:** The Relaxation  
Centre 07 3856 3733 or  
[relaxcentrefqld@powerup.com.au](mailto:relaxcentrefqld@powerup.com.au)

### Who Would Attend?

No need to have previous NVC  
experience or knowledge.

However, if you know  
and love NVC, and want to  
better understand why it works  
so well, you will find this a  
powerful training.

And/or, if you are a  
health practitioner keen on  
learning more about NVC and  
neurobiology then this  
workshop is definitely for you.

Sarah is a certified Nonviolent Communication (NVC) trainer and author of the book -

*'Your Resonant Self: Guided  
Meditations and Exercises to Engage  
Your Brains Capacity for Healing.'*

Sarah also deeply studies and  
shares Interpersonal Neurobiology,  
Attachment Theory and Family  
Constellations.

It can be a big challenge living in our  
world of such diverse personalities and  
dealing with our own reactions, inner  
pain or fears of being unacceptable or  
rejected. These are stored deeply in our unconscious  
minds.

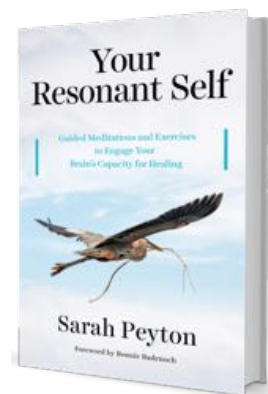
Often without recognising it we find ourselves  
disconnected from ourselves and others because of  
memories of difficult past experiences which remain alive  
in our brains and prevent us from feeling present and  
responsive in the moment.

As a result of those unconscious memories Sarah  
says: *"In order to belong and survive, we have made deep seated  
and silent agreements with ourselves which can keep us feeling  
stuck, small and constrained"*.

The importance and value of this 2 day course is  
learning how we can release ourselves from those patterns  
that no longer serve us and, step by step, *"live a life of ever  
expanding freedom, empowerment and awareness"*.

### Participants will:

- Understand how emotional trauma affects our brains and how we relate to others
- Be able to tell when brains and bodies are being relational, decoding the signs of which nervous system states we are in and our readiness to be relational
- Identify the deep needs behind the effects of unconscious agreements made through trauma
- Experience healing possibilities of resonant, warm language
- Learn skills for releasing unconscious agreements and clearing relationships of trauma



Check out Sarah's website:

For free videos and resources:

<http://empathybrain.com/>