



Facilitated by Katherine Revoir

A 6-week online support group, using Sarah Peyton's book [Your Resonant Self](#) as a reference

There are many ways to make our brain a happy place to live. The material in this book has been the most useful I've found in the past 50 years.

This informal group is loosely structured, designed to support us all in developing our own resonant self-witness—an internalized, loving second self that's like a perfect parent.

Bring your questions, issues, and feelings. Bring your shadow. Bring yourself, just as you are. It's my intention that we will all be held in warm community.

This is less of a class on the book and more of a practical, informal support group for our personal embodiment of the life enhancing material in this book. Our brains are wired to connect with other brains, so we'll learn together in warm community.

As participants in this group, we will:

- enjoy a more flexible and calmer nervous system
- develop the ability to manage reactive emotional triggers
- study neuroscience and make sense of the effects that our family history has on how we live
- practice the language of Nonviolent Communication, including depth empathy
- enjoy companionship with others who share our longing for a regulated, happy brain

All of this serves the intention of connecting authentically with others and ourselves.

For the past 7 years I have studied social neuroscience with [Sarah Peyton](#). Thanks to her teaching, I am becoming the person I've always wanted to be. I am allowing myself to love and be loved by other imperfect humans.

Sarah's teaching is unique in the way she combines Nonviolent Communication with interpersonal neurobiology. See her website for [details](#) on this combo which I call the "warm bath" approach to changing our brains.

The 6-week online video support group (via Zoom) begins March 20th, and is for anyone who has either worked with this material or is very motivated to make their brain a happy place to live.

Pre-requisite: Please have read or have begun to read [Your Resonant Self](#) by Sarah Peyton

When: 6 Wednesdays, May 22-June 26, 2019

Time: 9:00 am–10:15 am, Pacific Time

Cost: \$90 for the 6-week group
Contact me if you need a reduced rate.

Register or questions: KatherineQ@RicherLiving.org

Visit my website richerliving.org for more offerings