

f o c u s i n g

listening to your inner wisdom

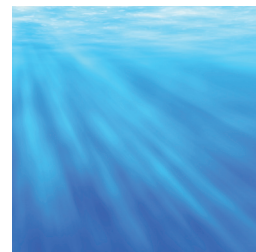


What is focusing?

Focusing is a gentle yet powerful skill that can bring clarity and aliveness to your life. Put simply it involves taking a curious, interested awareness to your body and listening, from this basic awareness, many things can emerge and change.

Focusing is a practice that you learn for yourself and can be done on your own or in partnership with a friend or colleague. It can be woven into other areas of your life, such as coaching, healing practices and therapy.

Focusing is a method of listening inwardly, not to all the usual stories and ideas we have about ourselves and life but to a deeper, more intuitive, more connected knowledge. The body has its own wisdom...



How do I learn?

The most effective way it to attend some of my small group workshops or if you prefer you can learn and explore focusing on an individual basis.



Applications

Focusing can help you to:

- Feeling more present to yourself and others,
- Untangle life long issues,
- Understand your feelings,
- Make clearer decisions,
- Deepen therapy or bodywork,
- Ground your meditation and spiritual practice,
- Trust your inner wisdom or intuition

People who use focusing

Many people use focusing for themselves or in their work or both. It mixes well with counselling and therapies, bodywork, coaching. creative practices and spirituality.

Origins

Focusing was developed by Dr E Gendlin, a philosopher and psychologist at the University of Chicago.

About Myself

I am based in North London and teach throughout the UK. I am fully qualified with the British Focusing Teachers Association (BFTA) and the Focusing Institute in New York to teach individuals and groups. I have trained with Ann Weiser Cornell in the USA and Peter Afford in the UK. I have had over 12 years experience of facilitating and teaching groups.

I am available to teach focusing to individuals, groups and organisations, and will create a workshops to suit your needs and requirements.

Introductory weekend workshops

13th to 14th February

Venue: Bodywise Natural Health Centre: Manchester Buddhist Centre, 16-20 Turner St, M4 1DZ

Times: 10am–5pm both days.

Costs: £120 (£90 concessions) per weekend

Booking and info: Contact Bodywise +44 (0)161 833 2528 www.bodywisenaturalhealth.co.uk

20th to 21st February

This beginners weekend is part of a series of five weekends in London — see follow-on workshops for more details

Venue: North London Buddhist Centre 72 Holloway Road, London, N7 8JG (nearest Tube: Highbury & Islington).

Times: 10am–5pm both days.

Costs: £120/£100/£80

Booking and info: Through NLBC with a deposit of at least £25 on

020 7700 1177. www.northlondonbuddhistcentre.com

27th to 28th February

Venue: Brighton Buddhist Centre, 17 Tichbourne St, Brighton, BN1 1UR

Times: 10am–5pm both days.

Costs: £100/£80/£60 (full waged/low waged/concessions)

Booking and info: Through Brighton Buddhist Centre on

01273 772090. www.brightonbuddhistcentre.co.uk

10th to 11th April

Venue: Blackburn Buddhist Centre, Maitri House, 16 Strawberry Bank, Blackburn, Lancashire, BB2 6AA

Times: 10am–5pm both days.

Costs: £90/70 concs

Booking and info: www.blackburnbuddhistcentre.org.uk

Contact me with a deposit of £25 to secure your place.

17th to 18th April

Venue: Dublin Buddhist Centre, Liberty Corner, 5 James Joyce street, Dublin, Ireland

Times: 10am–5pm both days.

Costs: Check with venue

Booking and info: Through DBC on (01) 817 8933 or www.dublinbuddhistcentre.org

21st to 23rd May

Venue: Focusing in Meditation at Dharmapala College. For meditators and meditation teachers. Open to newcomers to Focusing. Residential option. Moseley, Birmingham.

Times: Starts 11am Friday, ends 3.30pm Sunday.

Costs: Suggested donation £90. Accommodation £15/10 per night.

Booking and info: dharmapalacollege.org

17th to 18th July - with Greg Madison and Sandy Gee

Venue: Therapedia: 40 Wilbury Rd, Hove, East Sussex

Times: 10am–5pm both days.

Costs: £160

Booking and info: Contact me

7th to 8th August

Venue: London Buddhist Centre: 51 Roman Rd, London, E2 OHU

Times: 10am–5pm both days.

Costs: £64/£46 concessions

Booking and info: Contact LBC 0845 458 4716 or www.lbc.org.uk

11th to 12th September

Venue: Bodywise Natural Health Centre: Manchester Buddhist Centre, 16-20 Turner St, M4 DZ

Times: 10am–5pm both days.

Costs: £120 (£90 concessions) per weekend

Booking and info: Contact Bodywise +44 (0)161 833 2528 www.bodywisenaturalhealth.co.uk

16th to 17th October

Venue: Birmingham Buddhist Centre, 11 Park Rd, Moseley, Birmingham, B13 8AB

Times: 10am–5pm both days.

Costs: £100 (£80 concessions)

Booking and info: Contact me with a deposit of £25 to secure your place.

13th to 14th November

Venue: Dublin Buddhist Centre

Liberty Corner, 5 James Joyce street, Dublin , Ireland

Times: 10am–5pm both days.

Costs: Check with venue

Booking and info: Through DBC on (01) 817 8933 or www.dublinbuddhistcentre.org

4th to 5th December

Venue: Edinburgh Buddhist Centre, 30 Melville Terrace, Edinburgh, EH9 1LP

Times: 10am–5pm both days.

Costs: £90/70/50

Booking and info: Through EBC on 0131 662 6699 or www.edinburghbuddhistcentre.org.uk

Retreats

5th to 12th March – Wisdom of the body: Introductory focusing retreat Scotland (intro level upwards)

A week long retreat teaching Focusing and Meditation: Open to newcomers to Focusing and Meditation and suitable for those who know the practices and want to explore them in the context of a week long residential retreat. Led by Manjudeva and Jutika

Dhanakosa Retreat Centre. Dhanakosa, Balquhidder, Lochearnhead, FK19 8PQ, Scotland

Cost: Suggested donation for a week: £300 waged, £225 low waged, £150

Bookings and info: +44 (0)1877 384 213 info@dhanakosa.com www.dhanakosa.com

23rd to 25th July - the body's wisdom: Focusing and meditation retreat at Rivendell

A weekend long retreat teaching Focusing and Meditation: Open to newcomers to Focusing and Meditation and suitable for those who know the practices and want to explore them in the context of a week long residential retreat. Led by Manjudeva and Jutika

Rivendell retreat centre: Sussex. England

Bookings and Info: www.rivendellretreatcentre.com +(44) 20 8688 8624

Cost £140/120

24th September to 1st October - The body's' knowing – Wales Vajraloka (for experienced focusers)

A longer retreat for people who know both Focusing and some form of Buddhist Meditation. The emphasis on this week will be in exploring and deepening both practices in the ideal setting of a weeks retreat. The meditation will mainly be formless or open practice, we will also practice simple Buddhist ritual. Some tuition in how to deepen Focusing and Meditation may well emerge during the week. Led by Manjudeva and Appicha - with Jutika

Vajraloka retreat Centre. Wales

Bookings and Info: www.vajraloka.org (+44) 1490 460406

Cost £252/224

November 4th to 7th 2010 (Thursday to Sunday)

New life in dark places - Residential Focusing intensive in South Wales.

Are there dark corners of your life that seem hard to reach? Are there tangles or stuck areas that nothing seems to help with? Maybe life circumstances like loss or illness have thrown you into a dark place. Join us, at this darkening time of year to explore and sense for new life within.

Through the gentle process of Focusing and companioning we can learn to keep company with everything inside, no matter what we find. Over the weekend we will explore how to take Focusing to the most difficult places, where we may find the seeds of change and movement forward.

Open to those who have done at least one weekend of Focusing training. Taught and led by Manjudeva and Jutika.

Cost: £190 waged, £170 low waged, £145 concessions (includes accommodation, food and tuition)

Venue: Ceridwen Centre, Penybanc Farm, Velindre, Llandysul, Carmarthenshire, SA44 5XE

Venue website: www.ceridwencentre.co.uk

Booking: contact me

Follow-on workshops

These workshops follow on from any introductory workshop with me or another Focusing teacher. They are an ideal way to deepen your experience of Focusing and Listening, and are essential if you want to train in Focusing professionally.

Workshops 2-5 are designed to flow one into the next and ideally, but not always, are done in that order. Together, any introductory workshop and weekends 2-5 constitute a thorough 10 day training in Focusing and listening. (They are called the BFTA Focusing Skills Series) For a brief list of themes covered in these workshops, see my website. Discounts are available for those booking the whole series of follow on workshops.

The Dreams workshop is not part of the these 5 weekends.

In London

15th–16th May: Workshop 2: A companion on the Journey - Listening Skills

26th–28th June: Workshop 3: A Helping Hand - Guiding skills

4th–5th September: The Dreaming Body: Exploring dreams and Focusing

2nd–3rd October: Workshop 4: Untangling the Knots - Taking focusing deeper

11th–12th December: Workshop 5: A path to Wholeness

Venue: North London Buddhist Centre, 72 Holloway rd, London, N7 8JG

Nearest Tube: Highbury & Islington. 10am-5pm both days

Costs: £100 or £80 concessions or if booking 4 or more together. Further concessions negotiable.

Bookings: Contact me with a Deposit of at least £25 per weekend. £10 late booking fee if booked less than 1 week ahead

Other Follow-on Workshops

3rd to 4th July - Body Wisdom - Buddha Wisdom

How wise is the body, what does it know about awakening? How can Focusing guide us in our spiritual journey?

An experiential and playful weekend exploring the place of Focusing in the path to awakening

This weekend is open to anyone who knows Focusing.

Venue: Bristol, Bristol Natural Health Centre. 407 Gloucester Road, Horfield, BS7 8TS.

Times: 10am–5pm both days.

Costs: £100 (£80 concessions) per weekend

Booking and info: Contact me with a Deposit of £25

All workshops listings by date

13-14 February:	Introductory Weekend, Manchester
20-21 February:	Introductory Weekend, North London
27-28 February:	Introductory Weekend, Brighton
5-12 March:	Dhanakosa Weeklong retreat
10-11 April:	Introductory Weekend Blackburn
17-18 April:	Introductory Weekend, Dublin
15-16 May:	Weekend 2, North London
21-23 May:	Dharmapala College
26-27 June:	Workshop 3, North London
23-25 July:	Introductory Weekend Retreat, Rivendell
7-8 Aug:	Introductory Weekend, East London
4-5 September:	Focusing and Dreams, North London
11-12 September:	Introductory Weekend, Manchester
24 Sep-1 Oct:	Focusing and Meditation Retreat, Vajraloka
2-3 October:	Workshop 4, North London
4-7 November:	Focusing residential, Wales
13-14 November:	Introductory Weekend, Dublin
11/12 December:	Workshop 5, North London