



## Living Focusing: 2016 workshops

### Introductory workshops

These events will introduce you to the basics of Focusing and Listening. They are the first weekend of the Focusing Skills series in the “follow on” section of this PDF and the website.

#### **16th Jan 2016 (Free talk on Radical Self Acceptance)**

**Venue:** Isbourne Holistic Centre, 3 Wolsey Terrace, Cheltenham, GL50 1TH

**Times:** 11-12pm.

**Costs:** Free

**Booking and info:** [www.isbourne.org](http://www.isbourne.org) 01242 254321

#### **6th — 7th Feb 2016**

**Venue:** West London Buddhist Centre, Royal Oak House,, 45a Porchester Rd, London W2 5DP.

**Times:** 10am–5pm Saturday, 10am-4.30pm Sunday.

**Costs:** £135/£95

**Booking and info:** [westlondonbuddhistcentre.com](http://westlondonbuddhistcentre.com) 020 7727 9382

#### **13th Feb 2016 Radical Self Acceptance (One day workshop )**

**Venue:** Isbourne Holistic Centre, 3 Wolsey Terrace, Cheltenham, GL50 1TH

**Times:** 10-5pm.

**Costs:** £60

**Booking and info:** [www.isbourne.org](http://www.isbourne.org) 01242 254321

#### **12th - 13th March 2016**

**Venue:** Fulcrum House, Bristol. 3 Grove Road, Redland, Bristol. BS6 6UJ

**Times:** 10am–5pm Saturday, 10am-4.30pm Sunday.

**Costs:** £120

**Booking and info:** contact me

#### **30th April - 1st May 2016**

**Venue:** Warsaw, Poland (as part of a four weekend series)

**Booking and info:** contact me

#### **14th - 15th May 2015**

**Venue:** Bristol Buddhist Centre,

**Times:** 10am–5pm Saturday, 10am-4.30pm Sunday.

**Costs:** £130

**Booking and info:** contact me

## Online events

### **Your body knows the way: Free seminar followed by course**

Do you have problems that you just can't seem to solve? Are there areas of your life that feel stuck or blocked? and do you have a sense that the answer is just out of reach? Your body knows more than you think... If we stop and pay curious and kind attention, we will discover that there are new ways forward with stuck life situations. We discover that the simple but profound act of listening, to ourselves and to others brings fresh and unexpected change.

**Dates:** Seminar 5th October 8-9pm. Course 26th October to 30th November 7.15-9.45pm

**Costs:** Seminar free and course £110

Held on zoom video conferencing.

## 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.

### **Follow-on Workshops in Bristol**

**Venue:** Fulcrum House, 3 Grove Road, Redland, Bristol, BS6 6UJ

**Times:** 10am–5pm Saturday, 10am-4.30pm Sunday

**Costs:** £130 (£460 total if booking all four together). Half price if you are repeating them with me.

**Booking and info:** Contact me with a deposit of £40 per weekend.

#### **2nd - 3rd July 2016**

Workshop 2: A Companion on the Journey - listening Skills

Topics: Listening skills | Listening principles and practice | Dwelling at the edge | The felt sense | Facilitative Language | How the body speaks

#### **24th - 25th September 2016**

Workshop 3: A Helping Hand - Guiding skills

Topics: Guiding skills | Self-Guiding | Guiding Principles | Helping the focuser stay present | Deeper Listening

#### **22nd - 23rd October 2016**

Workshop 4: Untangling the Knots - Taking focusing deeper

Topics: Inner visitors and guests in Focusing | Dynamics on the inner world | Guiding skills II | Critical Voices

## **26th - 27th November 2016**

Workshop 5: A Path to Wholeness

Topics: Focusing and Spirituality | Living from "self-in-presence" | What is wholeness? | Gendlin's key concepts in Focusing | Radical acceptance

## **Other Advanced Workshops**

My other advanced workshops stand alone and are not part of the BFA skills series. They explore special interest themes and topics such as Focusing with the dreams, decision making or self acceptance. They are open to anyone who has done at least 2 days of training in Focusing and Listening.

### **23rd - 24th January 2016 "Living from you wiser self"**

How would it be to live from a place of authenticity, creativity, grounded-ness and empathy... or even greatness. Many of us struggle to live from our deeper values and passions and instead find ourselves living in fear and restriction. What holds us back? And how can we really deeply change? This workshop will explore ways to contact our deeper values and longings, meet what we usually call our resistance and create small steps that will help us to live from that deeper knowing.

**Venue:** Fulcrum House, 3 Grove Road, Redland, Bristol, BS6 6UJ

**Times:** 10am–5pm Saturday, 10am–4.30pm Sunday

**Costs:** £130

**Booking and info:** Contact me with a deposit of £40.

### **31st October 2016 "The dreaming body" Focusing and dreams**

*What can dreams tell us about our life? How can Focusing help with understanding them? Might there be a way to explore them in a new way that brings clarity and change in our lives?* Focusing is all about listening to what the body has to say about our life, but every night something similar happens with our dreams. Something in us (the body/the dream maker) gives us rich, mysterious and powerful symbols, telling us not just about our life situation but how we might carry those situations forward.

**Venue:** Online via "Zoom"

**Times:** 6 Monday evenings. 7.15-9.45pm ending Dec 5th

**Costs:** £110

**Booking and info:** Contact me with a deposit of £40.

### **10th - 11th Dec 2016 "The Inner compass: the body's way of making decisions"**

Every day we make hundreds of decisions, how come some of them flow with ease and others get stuck and cycle around and around. What blocks making decisions? and how can we tune into our inner compass that can guide us through both big and small decisions

Using Focusing with decisions is one of the most useful and everyday uses of Focusing. The body has a deep and profound knowing about all the situations we live in, all we need to do is tune in and listen. On this workshop we will learn about how to tune into this inner compass and about the obstacles we will meet along the way. Open to anyone with at least two days Focusing experience.

**Venue:** Fulcrum House, 3 Grove Road, Redland, Bristol, BS6 6UJ

**Times:** 10am–5pm Saturday, 10am–4.30pm Sunday

**Costs:** £130

**Booking and info:** Contact me with a deposit of £40.

## Retreats

**26th February - 4th March 2016:** The body's deeper knowing Focusing Retreat, Scotland (For newcomers to focusing as well as those who know it already)

A week long retreat teaching Focusing and Meditation: Open to newcomers to Focusing and Buddhist 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, Jutika and Srisambhava.

**Venue:** Dhanakosa Retreat Centre

Balquhidder, Lochearnhead, FK19 8PQ, Scotland

**Costs:** Suggested donation for a week: £395 waged, £240 unwaged

**Booking and info:** contact Dhanakosa +44 01877 384 213 [www.dhanakosa.com](http://www.dhanakosa.com)