



online course starts 26th April

navigating a life

with the body as our guide

*learn to listen to your body's messages
contact and live from your deeper values
find your own 'inner compass'
develop deep self compassion*

Would you like to learn a simple, accessible and everyday skill that will help you navigate your life? Would you like to live from your deeper values? Would you like an effective and compassionate way of dealing with the challenges and blocks along the way? This online course will equip you with these and more using the skills from a body based reflective practice known as "Focusing" If we pay curious and kind attention to the body, we will discover that there are new ways forward with stuck life situations. We discover that the simple but profound act of listening, brings fresh and unexpected change. **You will learn:**

- How to access and listen to your body's knowing.
- How to listen empathically to another's focusing session.
- How to be with our feelings instead of being overwhelmed by them.
- How to work with obstacles and difficulties
- How to use your body to navigate your life...

6 week course starts Wednesday April 26th 7.15-9.15pm (no class 17th May)

Facilitated by Manjudeva (Peter Gill). One of UK's foremost focusing teachers and experienced workshop leader. **Costs:** £120

Bookings & info: Contact manju@livingfocusing.co.uk

www.livingfocusing.co.uk