



**A tool for our times....  
Learn how to connect to  
yourself, others and the world  
using your body as a guide**

# deep listening

**5 week evening course starts 31st January**

**Online through zoom**

This five week online course will introduce you to the life long skill of Deep Listening (aka Focusing). It is a reflective body based practice that can be done on your own or with others, and mixed with other self awareness practices such as mindfulness or therapy. Your body knows more than you think! Some of the skills you will learn:

- Live a life full of curiosity
- Tune into your inner wisdom
- Meet yourself and others with kindness and openness
- Be with and understand strong emotion
- Find what truly feels right for you and your life
- Connect more deeply to yourself, others, and the world...

Facilitated by Peter Gill a qualified Focusing teacher and experienced workshop leader

**Costs:** £110 course **Bookings/info:** 07905 360318 [info@livingfocusing.co.uk](mailto:info@livingfocusing.co.uk)

[www.livingfocusing.co.uk](http://www.livingfocusing.co.uk)