



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

deep listening

Free talk: 26th Sep. 8.15, St Luke's, Stroud

5 week evening course starts 1st November, St Luke's, Stroud

One day workshop: 12th November in Nailsworth

This talk, course and day will introduce you to the life long skill of Deep Listening. 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 Meditation or therapy. 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 beyond.

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

Costs: £100 course or £65 day **Bookings/info:** 07905 360318 manju@livingfocusing.co.uk

www.livingfocusing.co.uk