



embodied knowing

Accessing & trusting a deeper relationship
with your body's wisdom

Sat 17th 10-5pm & **Sun 18th July** 10am-4pm

Would you like to:

- Be guided by your inner knowing and intuition?
- Be confident stepping into the unknown in yourself and with your clients?
- Be able to get out of your thoughts and into the deeper place that thoughts come from?

Join us on a practical, experiential weekend exploring Focusing - a natural process of embodied knowing that we can deepen and enhance through simple practices.

Open to helping professionals (therapists, coaches, consultants, counsellors, psychologists, body workers, social workers, medical professionals...)

Cost: £160 (Book Early - places strictly limited)

Bookings: Contact Manju - manju@livingfocusing.co.uk 07905 360318

Venue: Therapedia, 40 Wilbury Road, Hove, East Sussex, BN3 3JP

Facilitated by:

Dr. Greg Madison - Psychologist, Psychotherapist and international University lecturer on Focusing Oriented Therapy
www.gregmadison.net

Manju (Peter Gill) - Qualified Focusing and personal development Teacher. www.livingfocusing.co.uk

Sandy Gee - Focusing teacher and psychotherapist with an MA in Focusing & Experiential Psychotherapy