



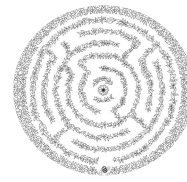
MODULE I  
BODY WISDOM -  
- A WAY IN



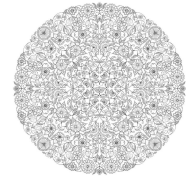
MODULE II  
THE ART OF  
LISTENING



MODULE III  
THE ART OF  
GUIDING



MODULE IV  
WAYS THROUGH  
THE MAZE



MODULE V  
OCEAN  
IN THE DROP

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## FOCUSING SKILLS JOURNEY

### A WAY INTO YOUR BODY'S INNER KNOWING

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*Your body is not a machine, rather a wonderfully intricate interaction with everything around you, which is why it "knows" so much just in being" ~ G. Gendlin*

#### ABOUT FOCUSING

Our bodily felt intelligence dwells, communicates and unfolds in all of us in a rich, diverse and life-bringing way. "Focusing" is a metaphor for the process of recognising the subtle somatic nature of that intelligence and gradually bringing it into focus, as one might adjust to turn a blurry visual into clear image. It is a skill of "opening" that vague bodily felt sense into a whole field of intricate details from which new layers of feeling, seeing, understanding, and action emerge. It's a way of engaging, trusting & expressing that capacity.

Focusing arose out of the work of Gene Gendlin. It was originally conceptualised within the psychology of Carl Rogers, but since then (1960s) has been integrated and applied to many other areas of life including problem solving, personal growth, spirituality, and many forms of creative expression. See G. Gendlin's description of Focusing.

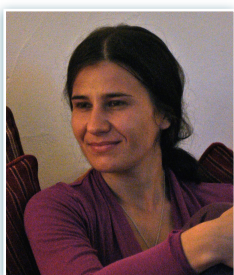
#### ABOUT THE COURSE

Focusing Skills Journey is a 60 hour series of experiential seminars spread over 5 Modules, of which Module I is an introduction and can be attended separately.

Modules II - V deepen and expand Focusing Skills and explore its wider applications.

The format of the course is a combination of in - person weekend workshops and online seminars (zoom). The course is a mixture of Focusing theory, experiential inquiries, and pair and group exercises. There is an emphasis on the experiential aspect of the training in order to gain an embodied understanding of the process that allows you to apply it in your personal and professional life more organically. It is useful for people wanting to use that perspective in their daily lives as well as for anyone working with people - whether as a facilitator, coach, therapist, or in a leadership position.

This course is BFA Certified and enables you to continue Focusing education on Practitioner and Teacher training. Places are limited to max 10 participants per group for a more intimate sense of community and quality learning.



Facilitator: Halina Rozensztrauch,  
Focusing Teacher and Practitioner (BFA Accredited), Psychologist.  
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# BODY WISDOM - A WAY IN ...

## Module 1 - INTRODUCTION TO FOCUSING



*Once you come into this literal body here  
then you find a space that is much bigger than your literal body.  
It's quite clear that's it is not exactly your literal body,  
but that is where the entrance is - G. Gendlin*

This is our first module. We come together as a group and begin exploring the Focusing principles, steps and process, individually, in pairs and as a group. And that's through the art of active awaiting, sensing inwards, engaging your bodily felt awareness and making sense of it.

We explore “how” the body speaks and will practice felt companioning within and without.

This module can be taken as a stand-alone workshop and it will be the first module of the Focusing Skills Course. This introductory workshop is also a doorway to the Felt exploration group, a monthly ongoing gathering of fellow Focusers exploring their personal issues and interests (more information below).

### Two ways to begin:

In person: 13 - 14 January 2024, 9:30am - 6pm, Loudwater Farm, Rickmansworth WD34HG  
or Zoom: Thursday 9:30am - 12pm on 18th, 25th Jan, 1st, 8th, 15th Feb 2024

Session 1 - The Doors - The Art of Active Awaiting

Session 2 - Felt Listening - How do we pay attention

Session 3 - Felt Sensing and Resonance - What do we pay attention to

Session 4 - Symbolising and Sense Making - How the body speaks

Session 5 - Mapping the Journey

### Module I cost:

£150 (5 x 2.5h online seminars) or

£180 (In person, non-residential weekend) \*

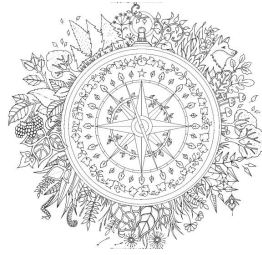
The group size is limited to 12 participants.

\* For the weekend workshop at Loudwater Farm, please bring your own lunch with you as there are no shops around. If you would like to stay at the Farms B&B please let me know and I can book that on your behalf (around £35 per person per night)

[BOOK HERE](#)

# BODY WISDOM - GOING FURTHER ...

## Module 1 - 5: FOCUSING SKILLS COURSE

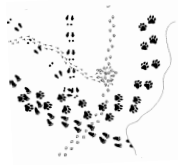


*Your physically-felt body is, in fact, part of a gigantic system of here and other places, now and other times, you and other people, in fact the whole universe. This sense of being bodily alive in a vast system is the body as it is felt from inside - G. Gendlin*

After the introductory exploration in Module I, you are welcome to deepen and fine tune the Focusing and listening skills, broaden your perception of the inner landscape and navigate your life choices from the deeper place inside. Here you will learn how to:

- ~ Explore ways of communicating that facilitates deeper movement and change
- ~ Relate with yourself with more care, compassion and understanding
- ~ Support yourself and others in difficult places and inner explorations
- ~ Be more skilfully with tangled issues, blocks, the inner critic & other 'parts' of ourselves
- ~ Connect with yourself and others in deeper and more enriching way
- ~ Deepen your inner journey in meditation, creative flow and your pathway to wholeness

### Module 2 - THE ART OF LISTENING



- Session 1 Ways in - Making space for what we don't know yet
- Session 2 Felt Listening - Attunement and Presence language
- Session 3 Felt Sensing - Dwelling at the Edge
- Session 4 Symbolising, Holding and Letting, Reflecting
- Session 5 Mapping and steps - Ways forward

### Module 3 - THE ART OF GUIDING



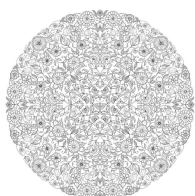
- Session 1 Self Guiding
- Session 2 Guiding into Making Inner Contact: acknowledging & describing
- Session 3 Guiding into Deepening Inner Contact: being with and letting It speak
- Session 4 Supporting and receiving change
- Session 5 Guiding with listening and reflecting

### Module 4 - WAYS THROUGH THE MAZE



- Session 1 Re - Sourced
- Session 2 Tangled
- Session 3 Self Empathy and Inner Critic
- Session 4 Exiling and Absorbing
- Session 5 Creating and Re - Storying

### Module 5 - OCEAN IN THE DROP



- Session 1 Larger Bodying
- Session 2 Whole Body Focusing
- Session 3 Bio Spirituality
- Session 4 Styles of Focusing
- Session 5 Callings and next steps

## Two ways to continue:

In person weekends, 9:30am - 6pm  
at Loudwater Farm, Rickmansworth WD34HG

Module I: 13th - 14th January 2024  
Module II: 17th - 18th February 2024  
Module III: 9th - 10th March 2024  
Module IV: 20 - 21 April 2024  
Module V: 1 - 2 June 2024

Weekly Zoom: Thursdays 9:30am - 12pm

Module I: 18, 25 Jan, 1, 8, 15 Feb 2024  
Module II: 29 Feb 7, 14, 21, 28 Mar 2024  
Module III: 4, 11, 18, 25 Apr, 2 May 2024  
Module IV: 16, 23, 30 May, 6, 13 Jun 2024  
Module V: 27 Jun, 4, 11, 18, 25 July 2024

## Cost:

Module 1: £150 (online module) or £180 (in- person module)

Module 2 - 5: £600

For those who wish to pay for each module separately: £150 (online) or £180 (in-person)

For the weekend workshop at Loudwater Farm, please bring your lunch as there are no shops/cafes around (we have the farms's kitchen to our disposition). If you would like to stay at the Farms B&B please let me know and I can check availabilities and book that on your behalf (around £35 per person per night). The group size is limited to 8 - 10 participants.

## Pre requisite:

To join the Module 2 - 5 you will need to attend the Introductory workshop (Module I)

To Book Module 1 - please follow this [link](#)

To Book Module 2 - 5 please contact me on [info@yogatree.org.uk](mailto:info@yogatree.org.uk)

## Reading recommendation:

Focusing: How To Gain Direct Access To Your Body's Knowledge - Eugene T. Gendlin

Bio Spirituality: Focusing as a way to grow - Peter A. Campbell, Edwin M. McMahon

The Power of Focusing - Ann Weiser Cornell

The Focusing Student's and Companion Manual, Part 1 & 2 - A. Weiser Cornell & B McGavin

*Following the directions for Focusing is much like paddling a canoe from some protected inlet out into the middle of a river. Once there, several things can happen, Sometimes you paddle deliberately into a current. Sometimes, the flow of the river catches you unaware, bearing you along in its grasp. Sometimes you just paddle around and go nowhere. Nothing happens. Following the instructions can only get you out into the middle of your own inner stream. Once there, you soon discover that the stream has a life and movement of its own. It does not bend to your paddling any more than your canoe can change the course of the river's flow. All you can do is go with it in case it should catch you and carry you along. The challenge involves a delicate balance between purposeful striving and then letting go of the reins. It is a matter of knowing where to be, and then being there with an attitude of patient expectation. It calls for disciplined preparation, but then allowing time and space for a deeper knowing and a process to manifest itself.*

Bio Spirituality - Peter A. Campbell, Edwin M. McMahon

Focusing Skills Training is intended for all who are interested in learning how to practice and use Focusing awareness with themselves and others. The training is not therapy. It is not meant to replace any forms of treatment or therapy in which prospective participants may be engaged, and we recommend that you consult with any therapeutic practitioner you may have, prior to registering. It is an educational experience, meant to enhance personal growth and professional practice.