



Knock , Knock: Level One Focusing

Focusing is a practice of listening and developing the body's inner knowing.

Focusing develops the inner voice and compass, and the capacity to relate this with the intellect and will. It is an experiential process that gives relief and insight in life-giving directions. Some benefits of Focusing are:

Greater understanding of feelings,

Shifts in stuck areas,

Clear decision-making, clear boundaries.

A skill we practice in this course is tuning into the whole sense of something before it is clearly known, and then bridging the brain's intelligence with the body's experience. In Focusing, we approach the interface of mystery and revelation with great gentleness and respect. We witness the power of pause and presence to effect real change.

Saturday, Nov 19 & Sunday Nov 20 9 am - 4:30 pm

Live in: \$200 Commute: \$150 (After Nov 10 registration deadline add \$10)

Facilitator: Mary Anne Schleinich, MPS

Certified Focusing Oriented Therapist, Canadian Certified Counsellor

During 14 years as Occupational Therapist in palliative care, I became certain of the capacity for healing in any stage and circumstance of life. My practice draws on the body's deep wisdom, both in joy and suffering, to adapt in creative and ingenious ways to bring healing and growth.

To register call Star of the North: 780-459-5511

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