

Focusing Workshop: Somers, Victoria

March 19 - 21, 2010

Embodied Spirit... come and enjoy a weekend away at Mornington Peninsula. Allow the peace and quiet to envelop and lead you to listen to the still quiet voice within.

This workshop is for those people who would like to spend a quiet weekend getting to know their inner self at a deeper level, through experiential practise. Using Eugene Gendlin's Focusing steps we will be taking time to develop ways of paying attention to the deep knowing within that helps us connect to the realm of spiritual awareness.

- **Paying attention to how we can use the body to listen to our deeper selves.**
- **Develop your ability to be a listener to what ever is present in your inner self.**
- **We will explore some of the blocks that get in the way of being with this 'knowing'**

Where?

When?

Cost?

What to bring?

RSVP?

Enquiries?

"Somersby", 20 Campsie Court, Somers

March 19 - 21: Fri, 8pm – Sun 3.30pm

**\$345 p.p. all meals included. Inclusive of preparatory session in lead-up to workshop
Sheets, towels, journal/pen, walking shoes, wind proof jacket**

Friday, March 5, 2009

maureen_ireland@bigpond.com



Presenter: Maureen Ireland...Maureen has a Masters in Counselling. She has an Ass. Dip of Theology (BCV) and is a trained Relationships Counsellor. She enjoys teaching Focusing and has worked with many different groups developing the Focusing approach.

Maureen is a Certified Focusing Professional from the Focusing Institute in New York. During the course of her journey she has spent time with Ann Weiser Cornell (USA), Barbara McGavin (UK) and Eugene Gendlin (USA) learning from their gentle and encouraging ways.



Registration Form



Complete and mail (or email as below) with payment to: 10 Beatty St Mont Albert 3127.

All cheques payable to 'Maureen Ireland'. Direct Debit details available on request.

Name:

Address:

Telephone: (H) **(B)**

Email:

Enquires: Maureen Ireland 03 9899 2053 or maureen_ireland@bigpond.com.au

