

Bio Spiritual Focusing Weekend
At 94 Birchmount Rd.

June 11 – 12, 2010

Friday – 7:30 to 9:30

Saturday – 9:30 to 4:30

No previous Focusing is necessary but a phone session ahead of time is recommended for any one new to Focusing.

This is an experiential workshop that will amaze you! You will be introduced to an exciting and interesting tool for inner growth and health, physically and spiritually. It will be through some simple exercises that participants will find a wisdom that our bodies have lying within us, waiting to be discovered.

Paying attention to the knowing each of us has in a bodily way is what we will be introduced to on this workshop also designed to credit those who are working towards certification with me. Anyone with curiosity would benefit from this workshop.

The fee is \$250.00 (scholarships available upon request).

Please send an email to register or ask further questions.