

An Invitation to explore...
...Bio Spiritual Focusing
An Introduction by Lucy Bowers
Sept.25th and 26th
10 a.m.-5 p.m.

This is an experiential, ten hour 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.

Body is our common human doorway into the emerging world of spirit. Beyond ideology, culture, race or religious affiliation, the human body with wondrous capacity for knowing and being in the universe is what ultimately binds every human being into a shared experience of spirit. People around the world are using Focusing in many applications in their particular field be it creative endeavors, business, healing, education, parenting, therapy, spiritual direction, self growth, meditation etc. After decades of research we now know that such a practice nurtures non-dominative, non-violent, healthy relationships both to ourselves, friends, family, as well as to the natural world around us. These healthy relationships are vital to divert the ongoing destruction to our selves, each other and our home, Planet Earth. As the poet Mary Oliver once said, "...to pay attention, this is our endless and proper work." This practice teaches us to pay attention!

**This workshop will be held at The Learning Zone
94 Birchmount Rd. in Toronto.**

**The fee will be \$250.00 per person
(Bring a friend and the two will pay \$400.00)**

Refreshments and handouts provided

This workshop can also be credited towards certification requirements.