

The Learning Zone Presents
Finding Your Love Language with Focusing.

February 11, 12, 2011

A 10 hour experiential workshop that uses the work of Dr. Gary Chapman in the Five Love Languages and Dr. E.T. Gendlin called Focusing

facilitated by Lucy Bowers.

Have you ever struggled in your relationships with a sense that you are being misunderstood in your attempt to communicate your needs?

Have you ever been at a loss to understand the behaviour of a loved one that left you feeling helpless to communicate?

Chapman suggests we are all born with a love tank that needs to be kept full for a happy and rewarding life. Unfortunately we have various ways of giving and receiving love which many people know is not always compatible with those we try to love. By learning our own and the language of those we want to be in relationship with we can enhance all our relationships to be deeper and more satisfying.

When people use Focusing they find it an effective way to work with issues in relationship. Participants will learn exercises to use in a variety of relationship situations with partners, family, friends or children. Bring a friend and you both have a \$25.00 discount. No previous experience in Focusing is necessary.

**Lucy Bowers is a certifying coordinator
for the Focusing Institute in N.Y. www.focusing.org
and a retired teacher www.focusinginthelearningzone.com**

Contact 416 690 4862 for any questions, registration, fee and location