

# Focusing Course

## Introduction to Inner Relationship & Whole body Focusing: A comprehensive tool kit

5 weekends (10 days) @ Rainbow Mill, East Ruston, Norfolk NR12 9HR

*Become an alchemist. Transmute base metal into gold, suffering into consciousness.... you are just one step away from something incredible: a complete alchemical transmission of the base metal of pain and suffering into gold!*  
Eckhart Tolle

Focusing can be described as coming home to your-self. Discovering within you that which is innate and welcoming, in which there is often a deep sigh of relief and the open space of Ok-ness with whatever is present in you. Focusing offers a doorway to the heart home of your being, and with it a new lease of care-free living.

This course will give you the tools to;

- develop focusing and companioning skills
- cultivate presence
- deepen and expand listening skills
- tenderly 'hold' those hurt, anxious, depressed, sad parts etc
- find a place of greater comfort, ease and flow within yourself
- invite a creative forward movement from places stuck or blocked
- make better decisions
- communicate with more authenticity and depth

**When:** this event will happen over a series of 5 weekends from 29<sup>th</sup> May – 11<sup>th</sup> October.

1. 29 – 31<sup>st</sup> May,
2. 26 – 28<sup>th</sup> June,
3. 24 – 26<sup>th</sup> July,
4. 11 – 13<sup>th</sup> Sept,
5. 9 – 11<sup>th</sup> Oct

Specific titles and content for the weekends will be offered later.

**Process of event:** The event will be informal and participant led, with clear focusing content and principles offered at each weekend. In between weekends, you will be invited to pair up with a focusing buddy and keep a journal for your personal learning and development, so there is a sense of continuity and evolving practice.

**Booking and cost:** The course is offered as a full 10 day event, and not per weekend or day. I need commitment to make it work for everyone.

This is a small and intimate venue, there is room for 7 – 8 members!

**Cost:** Sliding scale depending on your financial status and in work or not. Payment terms can be available to pay monthly through direct debit and payment arrangement is invited prior to the 10 days commencing.

**Facilitation input (10 days)**

No wage / no means: £250 - 350

Low wage: £350 – 400

Ok waged / with means: £400 – 500

If you are financially challenged and wish to participate and help would make a difference, please talk to me

**Accommodation at Rainbow Mill:** For info on and directions: <http://www.nvccamps.co.uk/getting-to-the-camp.html>

£30 to £40 per day means dependent (Please contact Des on 01692 650323 / [desmondrmoss53@hotmail.co.uk](mailto:desmondrmoss53@hotmail.co.uk) )

**Deposit:** £50      **Cancellation:** 100% return up to week prior / Non refundable less than one week.



*My journey in focusing started 23 years ago. It has been one of the most precious investments I have made, being pivotal in transforming clinical depression - an impossible and desperate situation, into my current experience of gratitude and openness to life in all its mystery.*

*I offer a rich context for focusing; 28 years of mindfulness practice, and also a certification in Nonviolent Communication.*

*Playfulness, sensitivity and presence are qualities I bring to the learning and group process.*

Contact Sinhaketu for booking [info@mindfulnesswithcompassion.com](mailto:info@mindfulnesswithcompassion.com) / 07974817393

For more on my work: [www.mindfulnesswithcompassion.com](http://www.mindfulnesswithcompassion.com)

For more on Focusing: [www.focusing.org](http://www.focusing.org)