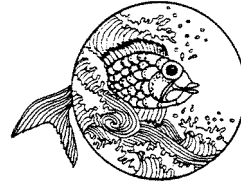


# Focusing & listening



## Workshop Programme for 2019 - 20

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❖ introductory weekends

**Workshop 1** *The Art of Focusing*

2nd/3rd November ♦ 25/26th January 2020

❖ 'Focusing Skills' series for the BFA certificate

	<u>2019</u>	<u>2020</u>
<b>Workshop 2</b> <i>The Art of Listening</i>	18/19th May	21st/22nd March
<b>Workshop 3</b> <i>Experiencing &amp; The Body</i>	20th/21st July	16/17th May
<b>Workshop 4</b> <i>Creativity &amp; Criticism</i>	21st/22nd September	25/26th July
<b>Workshop 5</b> <i>Intuition &amp; The Implicit</i>	23rd/24th November	19/20th September

❖ workshops for experienced focusers

<i>Let Your Body Make Your Mind Up</i>	5/6th October ♦ 3rd/4th October 2020
<i>Thinking with the Felt Sense</i>	7/8th December ♦ 4/5th July 2020
<i>Focusing in Helping Relationships</i>	15/16th February 2020
<i>Focusing &amp; Dreams</i>	25/26th April 2020
<i>The Felt Sense of Our Future</i>	28/29th November 2020

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**times** ▶ workshops are from 9.45 am to 5 pm on Saturday and Sunday

**venue** ▶ usually in Clapham, or sometimes at a larger venue at London Bridge ~ both are close to tube stations

**cost** ▶ workshops are £130 if booked at least two weeks in advance, and £150 thereafter ~ the 'Focusing Skills' workshops are £125 each if you book for the series with a £100 deposit

**booking** ▶ please write to me with your name, address, phone number, email address, any relevant and brief personal details, and a cheque for a deposit of £50 or the full fee (payable to *Peter Afford*) ~ or email the info if you prefer to do an online transfer

**cancellation** ▶ incurs a £50 admin charge i.e. in normal circumstances I am unable to refund deposits

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### IN-DEPTH BFA CERTIFICATE & FOCUSING INSTITUTE COURSES

Practitioner Programme ♦ Teacher Training ♦ Institute Trainer certification ♦ *please ask for details*

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### ONE TO ONE SESSIONS

focusing ♦ focusing-oriented therapy ♦ focusing-based decision-making ♦ *please phone to discuss*

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**Peter Afford**

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