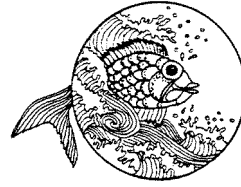


# Focusing & listening



## Workshop Programme for 2020

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❖ introductory weekends

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

25/26th January ♦ 17/8th October

❖ 'Focusing Skills' series for the BFA certificate

<b>Workshop 2: <i>The Art of Listening</i></b>	♦ 21st/22nd March
<b>Workshop 3: <i>Experiencing &amp; The Body</i></b>	♦ 16/17th May
<b>Workshop 4: <i>Creativity &amp; Criticism</i></b>	♦ 25/26th July
<b>Workshop 5: <i>Intuition &amp; The Implicit</i></b>	♦ 19/20th September

❖ for experienced focusers

<i>Focusing in Helping Relationships</i>	♦ 15/16th February
<i>Focusing &amp; Dreams</i>	♦ 25/26th April
<i>Thinking with the Felt Sense</i>	♦ 4/5th July
<i>Let Your Body Make Your Mind Up</i>	♦ 3rd/4th October
<i>The Felt Sense in a Challenging World</i>	♦ 28/29th November

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

**venue** ► usually in Clapham, occasionally at a larger venue at London Bridge ~ both are close to tube stations

**cost** ► workshops are £130 if booked two or more 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 with your name, address, phone number, and any relevant and brief personal details, enclosing a cheque for a deposit of £50 per workshop or the full fee (payable to *Peter Afford*) ~ or email me if you prefer to do an online transfer

**cancellation** ► incurs a £50 admin charge i.e. in normal circumstances deposits are not refundable

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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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