

People who gather to authentically connect
accelerate their growth and healing.

JOURNEY TO WHOLENESS

Introduction to WholeBody Focusing

DATES: February 4-5 (Saturday-Sunday) 2017, both days 9.00 - 17.00

VENUE: Q.motion, Kalevankatu 32 A 2, 00100 Helsinki, Finland

PRICE: **Early-bird** 500 eur + vat 24 % (when invoiced and paid by Dec 31, 2016)

Regular Price 600 eur + vat 24 %

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What is WholeBody Focusing?

- A supportive and unbiased approach of how to be present to my life.
- Grounded presence connects me to my internal environment.
- Reflectively listening with my whole body awakens my aliveness.
- A bodily felt sense is a doorway that I can choose to open.

Benefits

Work with complex issues and emotions

Grow in your relationships

Release stress and physical pain

Develop resilience for change

Connect to your inner wisdom

Meet your life fully

Why it's So Effective?

- We learn how to collaborate with our body's natural wisdom.
- We work directly with our thought patterns and instinctual behaviours.
- We stimulate and Invite our natural curiosity and nurture our self-development.
- We may not know how to be with something in our life, but something within us does.
- We invite a sense of self to be informed by the body.
- We constantly grow and develop new book marks for our...

This workshop is a prerequisite for the WholeBody Focusing Practitioner Program starting in 2017.

Journey to Wholeness...

Sari Ajanko

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Sari Ajanko is a Certified WholeBody Focusing Practitioner, Certified Business Coach Master (PCC, ICF-certified) & Certifying WholeBody Focusing Trainer (in training) .



"Sari's steady and good-hearted presence make her a lively and genuine Wholebody Focusing facilitator.

This, together with her years of experience in coaching and her passion for relational dynamics, offer a foundation of wisdom and safety for workshop participants."

- Karen Whalen, Ph.D

Certifying Coordinator, WholeBody Focusing, The Focusing Institute



Jim Grant

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Jim Grant is a Certified WholeBody Focusing Trainer, Certified Master Integral Coach (PCC, ICF-certified) & Certifying Coordinator/Master Trainer (in training).



"Jim is a skilled Professional WholeBody Focusing Trainer and Therapist certified by the Focusing Institute of New York. He teaches with heart and enthusiasm..."

- Karen Whalen, Ph.D

Certifying Coordinator, WholeBody Focusing, The Focusing Institute

PLEASE CONTACT

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