

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

# JOURNEY TO WHOLENES

## Introduction to WholeBody Focusing

**DATES:** January 26-27 (Saturday-Sunday) 2019, both days 9.00 - 17.00

**VENUE:** Innovation House Finland (Kallio), Toinen linja 14, Helsinki

**PRICE:** **Early-bird** 500 EUR + vat 24 % (when invoiced and paid in Jan 4)

**Regular Price** 600 eur + vat 24 %

WORKSHOP PRICE INCLUDES A PERSONAL SOMATIC COACHING SESSION WITH JIM

**CONTACT:** Sari + 358 40 557 3086 or sari.ajanko@diversitas.fi

### 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

Relieve 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...

Prerequisite for our WholeBody Focusing Practitioner Program - next one starting spring 2019

*Journey to Wholeness...*

### Sari Ajanko

+ 358 40 557 3086 • sari.ajanko@diversitas.fi

Sari Ajanko is a Certified WholeBody Focusing Trainer, Certified Business Coach Master (PCC, ICF-certified) and NLP Trainer.



*"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.

Coordinator, WholeBody Focusing, The Focusing Institute



### Jim Grant

+ 358 40 178 1030 • jim.grant@diversitas.fi

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



*"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.

Coordinator, WholeBody Focusing, The Focusing Institute

THE INTERNATIONAL FOCUSING INSTITUTE  
carrying life and thought forward



### PLEASE CONTACT

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