

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

JOURNEY TO WHOLENESS

Introduction to WholeBody Focusing

DATES: October 24-25 (Saturday-Sunday) 2020, both days 9.00 - 17.00

VENUE: Q.Motion, Hietalahdenkatu 2 B 18 • 00180 Helsinki

PRICE: **Early-bird** 500 EUR + vat 24 % (when invoiced and paid in September)
Regular Price 600 eur + vat 24 %

WORKSHOP PRICE INCLUDES A PERSONAL SOMATIC COACHING SESSION WITH JIM OR SARI

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 - ask about the next one

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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