

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

JOURNEY TO WHOLENESS

Introduction to WholeBody Focusing

DATES: November 27-28 (Friday-Saturday) 2026, both days 9-17

VENUE: AP Maria Nova Lounge, Tavira, Algarve, Portugal

PRICE: € 900 + vat 25,5% (includes lunch on both days and dinner on Friday)

VENUE & ACCOMMODATION: www.ap-hotelsresorts.com/maria-nova
Recommended stay three nights (Nov 26-29). Special group rates
with code: "Diversitas" www.ap-hotelsresorts.com/maria-nova/

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?

- Powerful and gentle somatic method
- Practise of grounded presence and deep listening
- Doorway to Felt Sense and the wisdom it offers
- A supportive and unbiased approach of how to be present to life
- Method you can use every day, and also in listening partnerships

Benefits

Work with complex issues and emotions

Grow in your relationships

Relieve stress and physical pain

Develop resilience

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 learn how to access the various phases of WholeBody Focusing
- 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...

Journey to Wholeness...

Sari Ajanko

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

Sari is a Certified WholeBody Focusing Trainer, Hakomi Therapist, Hakomi-informed Coach and Team & Executive & Leadership Coach (EMCC: Senior Practitioner, ICF: PCC)



"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 is a Certifying Coordinator (Focusing Institute), Integral Therapist, Certified Embodied Supervisor and Team & Executive & Leadership Coach (EMCC: Senior Practitioner, ICF: PCC)



"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


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carrying life and thought forward



PLEASE CONTACT

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Certificate to apply for 12 CCE's