



INTRODUCTION TO WHOLEBODY FOCUSING

Connect with Your Conscious Living Body of Wholeness

LOCATION: Brisbane Quaker Meeting House, 10 Hampson Street, Kelvin Grove

DATE: 7:30pm-9:30pm, Thursday 28 May, 2015

COST: \$20

FACILITATORS: Karen Whalen, Ph.D and Lynette Lancini

ENQUIRE/BOOK: 0401 401 502 / www.wholebodycreativechange.com

Wholebody Focusing is a relational and experiential MindBody process which reconnects us to our innate Body Wisdom. It is a spacious and gentle way to:

- relax and unwind from daily stresses
- tap into more life energy and inner resources
- experience more ease and less anxiety
- reduce suffering from pain and heal past trauma
- experience a deeper connection with self, my essence and in relationship with others

During this introductory evening we will awaken the consciousness of our Living Body and directly experience its unique vitality and intelligence. In a safe and structured way, we will reconnect to our own bodily knowing, as part of the living body of our environment. Through inner directed movements of the body's own making, we discover a sense of ourselves in our own wholeness and life possibilities. This allows us to open up to a connection with others in surprising and mutually enlivening ways. **For more information email lynette@wholebodycreativechange.com**

Please register and pay online at www.wholebodycreativechange.com

Future learning opportunities will be available including one to one work in person or via Skype. Please also see our 3 day workshop on [Foundations of Wholebody Focusing \(June 1-3\)](#), and a 2 day advanced workshop on Inter-relational [Wholebody Heartfelt Connection Practise \(June 4-5\)](#).



Karen is a clinical psychotherapist specializing in Complex Trauma in Canada and a Certifying Coordinator of The Focusing Institute in New York. She integrates energetic models of healing and consciousness with the therapeutic practice of Wholebody Focusing. She teaches extensively internationally.



Lynette is a Wholebody Focusing Trainer and artist at play across the fields of music, movement and wellbeing. A community facilitator of creative participative co-emergence, Lynette brings novel and playful dimensions to the ways in which people experience themselves.