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“Thirty years before Mindfulness, there was  
**Focusing.**” [Letich, 2015](#)

“I would like to say simply:  
the unconscious is the body.” [Gendlin, 1993](#)

### **Introduction to Wholebody Focusing**

**A 2.5hr workshop facilitated by Wholebody  
Focusing Professional Trainer Lynette Lancini**

**10am-12:30pm, Sun 22 Nov 2015**

Bardon Counselling Centre,  
151 Boundary Road, Bardon.

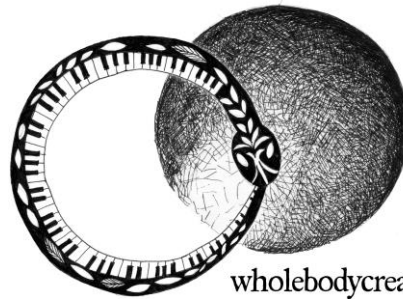
[Bookings](#) and \$40 full fee in advance essential.

m: 0401 401 502\*[email only between 4-15 Nov](#)

e: [lynette@wholebodycreativechange.com](mailto:lynette@wholebodycreativechange.com)

fb: [Wholebody Creative Change – Lynette Lancini](#)

**Other events: [Elemental Focusing Wheel](#)  
(Fridays) and [Changes Group](#) (Sun 6 Dec)**



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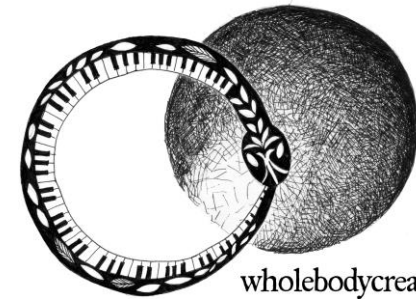
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