

2-day workshop

Exploring the relational field as a source of healing

Friday 2nd and Saturday 3th February 2018 – Borgloon (Belgium)

with Lara Peumans



In this workshop you will be experiencing and practicing the basic attitude of Relational Wholebody Focusing in a profound way. Balancing Body/Mind/Heart/Spirit. This creates a safe container to explore more. What happens when two people share grounded presence and open up to the invitation of meeting each other from there? Each one exploring: “how can I be Me with you”? Lifelong relational triggers, stoppages and patterns can come into awareness held in this safe container of grounded presence. Slowly opening up to their own healing.

Target group: welcoming beginning and experienced Focusers, with curiosity for the relational dimension in focusing

Teaching language: Dutch and/or English

Trainers: **Lara Peumans** is a certified focusing trainer of The Focusing Institute in New York. Since 2013 she integrates ‘heartfelt communication’ in her teaching. She followed the Advanced Wholebody Focusing Certification Program with Karen Whalen & Katrijn Van Look. She is working in sales department of a financial company.

Date: 2nd Feb and 3th Feb 2018 (10 am – 5:30 pm)

Location: Kasteel Mariagaarde – Borgloon (B) www.kasteelmariagaarde.be

Cost: 275 euro **Early bird booking (till 31st December 2017): 240 eur**
A delicious homemade lunch, coffee breaks and pastries are included.

For information and registration: please contact Lara : lara.peumans@skynet.be

We are associated with www.focussenvlaanderen.be
