

## 2-day workshop

# Exploring the relational field as a source of healing

Friday 3<sup>th</sup> and Saturday 4<sup>th</sup> July 2020 – Ulbeek (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: 3<sup>th</sup> + 4<sup>th</sup> July 2020 (10 am – 5:30 pm)

Location: De Bottelarij – Ulbeek (B) [www.debottelarij.be](http://www.debottelarij.be)

Cost: 275 euro **Early bird booking (until 1<sup>th</sup> June): 240 eur**

A delicious homemade lunch, coffee breaks and pastries are included.

For information and registration: please contact Lara : [lara.peumans@skynet.be](mailto:lara.peumans@skynet.be)

We are associated with [www.focussenvlaanderen.be](http://www.focussenvlaanderen.be)

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