

ADVANCED FOCUSING WORKSHOP ON RESILIENCE TO TRAUMA

AGHIA MARINA, AEGINA ISLAND, GREECE
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WHAT WE OFFER

We have discovered through our inner processes and teaching that **background senses** hold within them '**experiential imprints**' of traumatic life situations.

DOES IT FIT YOU? YES IF YOU ARE...

- An advanced focuser
- A healing professional with focusing skills

AND ARE EXPERIENCING...

- Feeling unceasingly upset
- Overall discomfort
- Lack of control
- Feeling easily overwhelmed
- Unable to cope
- Overwhelming numbness
- No way out or forward
- Continuous indecisiveness
- Repeated procrastination
- An inner sense of fragility

HOW?

We have developed skills to access and track imperceptible traumas using symbols and the state of presence as resources, to help them transform, heal and reintegrate.

What you will take away with you:

- A sense of calmness and ease
- A sense of inner safety
- Relate from a safe distance
- Able to cope and make decisions
- Empowerment
- Renewed sense of vitality

The workshops are carried out by Patricia Foster and Eirini Davleri - Certified Focusing Trainers & Certifying Coordinators.

**Further details and costs of the workshop will be given directly to interested participants*



To register your interest email info@focusinglifeskill.com or message us on Facebook @FocusingLifeSkill
www.focusinglifeskill.com