

The Living body of Wholeness

Transformational Focusing: A Wholebody/Spiritbody Integration

A RETREAT WORKSHOP

September 9-12, 2010
Santa Rabina Retreat Center
San Rafael, CA. 94901

Workshop Leaders: Glenn Fleisch, Ph.D., MFT
Doralee Grindler Katonah, Psy.D., M.Div.

Announcing a Workshop Retreat in a beautiful natural setting to engage a deep unfolding of the expression of our desires as we open to the well-spring of life itself. Enjoy the guidance of two experienced Focusing teachers who will weave the practices of Wholebody Focusing and Spiritbody Focusing together into a dance of the living body.

Many of us have felt we have settled for less, and are wanting more- yet feel held back by ingrained habits. Beneath the level of conditioned responses and habitual patterns lies a well-spring of Intelligence and Life-energy. Bringing awareness to this inner source allows us to access the living body's own knowing, opening new possibilities for deepened experiencing and carrying forward our deepest desires and wants.

This workshop is an opportunity to learn Transformational Focusing, an approach that enables us to access the wisdom of the Wholebody/ Spiritbody as a guide for living from the wholeness of Being. In this new space, the body's felt sense of next steps in our lives naturally awaken and are empowered to move forward.

Join us for a journey into the inner depths of our embodied Wholeness, to access the Body as a Tuning Fork for Spirit, leading to an encounter with spirit. This is a unique opportunity to experience the transformative power of Grounded Presence (WB Awareness) to access the inner knowing of our body-wisdom; to release blocked energy patterns; to allowed parts of ourselves to express themselves; to reintegrate into Wholeness.

Workshop exercises and small group opportunities will expand and deepen your Focusing process- through a balance of inner meditative body sensing with outer expressive/interactive processing. We will offer times to work in Focusing partnerships in Co-Presence with free time to be in nature, journal, and play. More detailed information on the agenda and workshop practices will be forthcoming- or you may contact Doralee or Glenn to discuss any questions or information needed about the retreat.

Where: Santa Sabina Center
25 Magnolia Ave.
San Rafael, CA 94901

Santa Sabina is a retreat and conference center founded in the Catholic monastic tradition in the late 1930's. Since 1970 the Center has been open to people of all faiths and spiritual backgrounds who return to Santa Sabina again and again for its spirit of welcome and its dedication to a "contemplative way of being". **Santa Sabina** is adjacent to the 100 acre Dominican University campus with wooded environs, wild life, extensive garden, trail walks and hikes from which one can see Mount Tamalpais, the San Francisco Bay and bridges. It is located 11 miles north of the Golden Gate Bridge.

Travel: Marin Airporter goes from San Francisco or Oakland airports to San Rafael, just a few minutes from Santa Sabina. From there, we can arrange to pick you up or it's a very short cab ride. Santa Sabina is easily accessible via car from anywhere in California or nearby states.

Dates: We will start with dinner on Thursday, 9/9 (approx. 6 p.m.) and end on Sunday, 9/12, 2 p.m. Check-in time is 4 p.m. and check-out time is 2 p.m. Early arrival/ late stays require special arrangement.

Fee: **\$725** Includes tuition, all materials, room and board for three days and nights. Add \$25/ night for single occupancy. Commuter (non-residential) fee is possible with cost depending on meal usage. There is a slight additional charge for communal dinner on Thursday at Dominican College.

Limit: Space is limited to 15 participants (so please register early)

Paying: May pay via check to "Glenn Fleisch" or via Paypal.
(Special arrangements can be made for payment as well as for lodging and meal requests, if needed).

Send to: 922 Centro Way Mill Valley, CA, 94941 For more information and registration, please send email to: glennfleisch@aol.com or call Glenn at 415-384-014 4.

Prerequisite: This workshop will count as Level 4 of the Certification program in WBF for Focusing trainers and therapists, but enrollment in the certification program is not required. You would need to either be licensed or certified to see clients, or in process of training to become licensed or certified. If you have no previous Focusing training or experience, at least one or two individual Focusing sessions are required. Please contact us if you have any questions about requirements and certification.

CEU's: 18 CE credits for MFTs and LCSWs as required by the BBS of California. PCE #

Registration procedure: Send an email to Glenn at: glennfleisch@aol.com indicating your intention to attend; make initial deposit of \$100 (minimum) to reserve a space via Paypal if possible; send full payment at least two weeks in advance via Paypal or via check to Glenn. A space cannot be saved without deposit and full payment in advance. Spaces will be saved until workshop fills, then others placed on waiting list.

Teachers: Glenn Fleisch, Ph.D., MFT, has been a psychotherapist for 30 years. He has been practicing and teaching Focusing-oriented therapy, specializing in the Wholebody Focusing approach to healing trauma, addictions, and other difficult emotional/behavioral patterns. He has been teaching WBF and FOT locally and worldwide, and is currently leading a training certification program in WBF. Glenn is an Adjunct Faculty member in the ICP program at the California Institute of Integral Studies in San Francisco.
glennfleisch@aol.com

Doralee Grindler Katonah, Psy.D., M.Div. is Associate Professor at The Institute of Transpersonal Psychology, Palo Alto, CA. She was the founding director of The Focusing Institute and is a Certifying Coordinator. She has been a psychotherapist for 30 years and has offered workshops on Focusing worldwide. She is a health psychologist and a practitioner of Zen Buddhism. For many years now she has been interested in the interface between felt sensing and spiritual growth.

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