

# Rest, Rejuvenate & Regenerate



*Come and experience new and creative ways to engage in your focusing practice.*

## ***Residential Focusing Retreat Facilitated by Ruth Hirsch & Jane Quayle***

Hunter Valley Hotel Academy, Kurri Kurri  
Arriving at 4pm on Thursday 13<sup>th</sup> finishing after lunch on Sunday 16<sup>th</sup> July 2017

You are invited to join Ruth and Jane for a 3 day retreat to take time out and explore the diversity of Focusing. They are enthusiastic about sharing their depth of knowledge of this creative practice with you. Ruth and Jane have found ways to make Focusing more accessible and powerful for themselves and others. They endeavor to create a safe, supportive and nurturing environment where you will be encouraged to be generous with yourself as you explore your own inner space. Ruth and Jane aim to help you discover your inherent inner strengths and capacities.

*This retreat is suitable for all Focusers from experienced to beginner.*

Jane and Ruth will share their many years' experience of teaching with you. In addition to their depth of teaching experience both Jane and Ruth have experience as part of the leadership team of the International Focusing Institute. Jane served as a member of the Board of Trustees and Ruth is currently a serving member of the International Leadership Council.

### **The Program**

The program includes morning Yoga, morning and afternoon Focusing workshops, evening activities, and time for partnership exchanges. It is designed to offer you lots of time and space to integrate the experience from each workshop and to take time out for yourself to rest and relax. You're invited to arrive any time after 4pm on Thursday 13<sup>th</sup>. Departure is after lunch on Sunday 16<sup>th</sup>.

## Timetable

**7:00 to 8:00am** – Yoga. Your teacher will be Glynis Whitfield.

**8:00 to 9:30am** - Breakfast

**10:00 to 12:30** – Morning Workshops – Presented by Jane Quayle

**Focusing with your Whole Body:** The practice of Whole Body Focusing was developed by Kevin Mc Evenue. This practice incorporates using your body in movement, posture and gesture as a doorway into the felt-sense and as an expression of the felt-sense. Each day we will look at a different aspect of Whole Body Focusing.

The particular emphasis for this retreat will be noticing how the felt sense has its own forward movement and following that. We will finish the workshop with Kevin's practice of Whole Body Storytelling where we let our body tell a story which has personal importance. In Whole Body storytelling we let language be the doorway into the body's felt knowing

**12:30 to 2:00** - Lunch

**2:00 to 3:30**-Free time to integrate the mornings learning, or optional Focusing Partnership Exchanges.

**3:30 to 6:00pm** - Afternoon workshops – Presented by Ruth Hirsch:

There will be a different workshop each afternoon, designed around our Retreat Theme of Rest, Rejuvenate & Regenerate, specifically around promoting wellness of body, mind, and spirit.

**Day 1 (Friday) Soul/spirit:** Bringing Positive Psychology/The Science of Happiness to your Focusing practice.

**Day 2 (Saturday) Bodywork and Focusing:** In this workshop, simple techniques relating to reflexology and/or neck/shoulder releases will be taught and practiced.

**6:00 – 7:00pm** - Dinner following by an Evening activity:

**Evening 1 (Thurs) Collage:** Taking a snapshot of where you are in your life right now and setting your intention for the workshop. – presented by Ruth Hirsch and Jane Quayle

**Evening 2 (Friday) Soul/spirit:** The value of celebrating a Sabbath/time out. Ruth will look at the benefits of taking time away, and what gets in the way of our doing this on a regular basis. – presented by Ruth Hirsch

**Evening 2 (Friday) Focusing and Poetry:** - This is light-hearted activity where we come together as a group and let our felt sense create a joint poem. - Presented by Jane Quayle

**Evening 3 (Saturday) Focusing Café:** Spontaneous arising of activities generated by the group.

## Your facilitators:



### **Ruth Hirsch**

Based in Jerusalem, Ruth is a Therapist, Focusing Trainer, and Certifying Coordinator. She has maintained a private practice since 1990 working with clients and teaching. Since 1994 she has been training therapists, coaches, and other healing professionals in Focusing, both as an individual life-enhancing practice and as an adjunct to optimize and deepen their work with clients.

Ruth's background also includes training and experience practicing and teaching yoga, massage and acupressure therapy, and aromatherapy. Other interests of hers is sharing the richness of Jewish spirituality to deepen our relationship with ourselves, and the wisdom of Chinese medicine, in particular relating to how we can better nurture our body, mind, and soul based on the season of the year. What she loves most about her work is watching clients and participants in classes experience unfolding, healing, and growth in their lives



### **Jane Quayle**

Jane has a life-long curiosity about the process of human change and has developed and delivered a program in Focusing Oriented Therapy at Jansen Newman Institute. She is passionate about bringing Focusing into the fields of Therapist's training and supervision. *"It is always a great thrill when students discover for themselves that the felt sense is the place where change happens."*

Jane is a psychotherapist, Focusing Teacher and Certifying Coordinator. She has more than 15 years teaching experience and has taught Focusing in a variety of context, both personal and professional.

### **Glynis Whitfield**

Glynis has been teaching yoga since 1993 and has experience with many different styles of yoga. She uses her intuition and extensive knowledge to guide her students towards moving into a posture in a way which is just right for their own body. Glynis emphasizes the importance of the balance between stretching and strengthening in her Yoga.

## The Venue and Costs:



***This Residential retreat and will be held at the Hotel Academy, McLeod Road, Kurri Kurri - Thursday 13th - Sunday 16th July 2017***

- Choose between several accommodation options including single or shared
- The food is good, a hot breakfast, table service dinner and an on-site bar.
- The beds are comfortable and made up for you with linen/towels
- The motel style rooms have air-conditioning, TV, en-suite, tea and coffee making facilities
- The staff are friendly and helpful
- It's placed in a relaxing country setting, open spaces, kangaroos and grape vines.

### ***Meals (all special dietary requirements are catered for)***

- **Breakfast**- Self serve in the Dining room- hot or cold breakfast
- **Morning tea/Afternoon tea**- Self Serve in the Dining area or out on the patio
- **Lunch**- Self serve in the Dining area or out on the patio
- **Dinner**- Table service in the Dining room- 2 course meal ( alternative servings)

### ***Accommodation (there are 4 room types available)***

- Basic (single room or twin share) with shared Bathrooms (many small bathrooms are available for your privacy)
- Motel style (single room or twin share) with en-suite, air conditioning, TV, etc.

### **The Cost includes:**

- Accommodation of your choice - Basic or Motel style and single or shared available.
- All meals from dinner on Thursday through to lunch on Sunday
- 3 days of workshops, with Ruth, Jane and your Yoga teacher Glynis

### ***Per Person all-inclusive cost***

*\* All fees shown are in Aus. \$, and range from \$636-\$833. US.*

\$825.00	Basic Room	Twin Share	Shared bathroom Facilities
\$880.00	Basic Room	Single Occupancy	Shared bathroom Facilities
\$920.00	Motel Style	Twin Share	En-suite/ air conditioning, TV, tea/coffee
\$1080.00	Motel Style	Single Occupancy	En-suite/ air conditioning, TV, tea/coffee

<b>Deposit</b>	\$100.00 non-refundable deposit is needed to secure your position
<b>Balance</b>	Due Thursday 8.06.2017
<b>Refund of balance</b>	Will be given for cancellations <b>before</b> Thursday 29.06.2017

***Places are limited so please book early – you will find the booking form on the next page.***

*Need more info? Please be in touch with Ruth at [ruth@ruthhirsch.com](mailto:ruth@ruthhirsch.com) or Jane at [thefocusingcentre@gmail.com](mailto:thefocusingcentre@gmail.com)*

**Booking Form**

**2017 Residential Focusing Retreat with Ruth Hirsch & Jane Quayle**

**Hunter Valley Hotel Academy, Kurri Kurri** (A map and full directions will be given and any additional information 2 months prior to the retreat)

**Contact Details**

Name.....

Address.....

E.mail.....

Phone - Landline ..... Mobile.....

**Food allergies or any other special needs**.....

**Next of kin**

Name.....Relationship.....Mobile.....

Comments.....

**Cost-** Please note accommodation is subject to availability and on a first in first serve basis.

- \$825.00 per person Twin Share Basic Room
- \$880.00 per person Single Occupancy Basic Room
- \$920.00 per person Twin Share Motel Style Room
- \$1080.00 per person Single Occupancy Motel Style Room

If opting for twin share, please give the name of the person you will be sharing with

**Twin share can only be booked between two participants wishing to share. Please note that if your twin share partner cancels, and a mutually acceptable replacement share partner can't be found, you will need to upgrade to a single occupancy room and pay the single occupancy price.**

**Deposit** \$100.00 non-refundable deposit is needed to secure your position  
**Balance** Due Thursday 8.06.2017  
**Refund of balance** Will be given for cancellations **before** Thursday 29.06.2017

**Making a payment- Deposit/Balance:**

Payments will be made via a bank transfer. Please put your name on your transfer receipt so that we know who the payment has come from and email this booking form to: [thefocusingcentre@gmail.com](mailto:thefocusingcentre@gmail.com)

**Bank Details:** Credit Union Australia  
BSB 814 282  
Account 30474108  
K J Quayle.

Name (PRINT):

Signature:

Date: