

## THE FOURTH NORTHWEST FOCUSING GATHERING

We invite you to share welcoming, creative community with fellow Focusers in the green hills of northwestern Oregon! You can Spring into Focusing! Fourth Northwest Focusers Gathering, April 15 - 17, Cedar Ridge Retreat and Conference Center, Vernonia, Oregon (about 45 minutes west of Portland). [www.visitcedaridge.com](http://www.visitcedaridge.com).

Imagine yourself here with more than 30 other Focusers, sharing about how we include Focusing in our lives and work, companioning each other in Focusing sessions, taking part in creative offerings, eating really yummy meals and wandering the hills and woods.

We again envision riches:

- . Programs and offerings co-created by all of us
- . Lots of time for one-on-one Focusing sessions.
- . Maybe a Focusing class.
- . What else would you like to experience or share with others at this gathering?

Some of the offerings in the past

- . Introduction to Thinking at the Edge,
- . Focusing and Interplay
- . Community Wellness Focusing
- . The Process Model
- . Focusing Massage
- . Focusing and Collage
- . Focusing Round Robin
- . Focusing Follies and so much more!

Cost for accommodations and meals from Friday dinner through Sunday lunch

- . \$160 (\$20 cheaper than last year!)
- . \$10 additional if you want an individual sleeping space

Some individual sleeping spaces are available in separate small bunkhouses if you need to sleep apart. The additional fee is for heating the place just for you. Bring your own bedding if you use this option.

- . \$150 to the teacher, if you opt to take a Focusing Levels class
- . FREE - the entire rest of the fabulous offerings

For questions and more information call or e-mail

- . Jan Hodgman, [jhodgman@zenjan.com](mailto:jhodgman@zenjan.com), 360-293-2367
- . Nina Joy Lawrence, [9ajoy@comcast.net](mailto:9ajoy@comcast.net), 541-745-5377
- . Jane Nelson, [JaneWN@aol.com](mailto:JaneWN@aol.com) or 206-706-9747.

## **Preliminary Schedule**

Friday Apr. 15 afternoon

- . 1:30 - 3:30 Optional early arrival for partnership focusing
- . 3:30 - 4:30 Regular arrival and registration
- . 4:30 - 5:45 Planning Meeting, creating our schedule together.
- . 6:00 - 7:00 Dinner
- . 7:30 - 9:00 First session of Gathering

Sun. April 17

- . 2 pm Check out

Gathering Planning Committee: Nina Joy Lawrence, Jane Nelson, Miriam Atkins, Anna Willman, Jan Hodgman

Registration deadline is March 25. For questions about registration, Anna Willman [awillman@mcsi.net](mailto:awillman@mcsi.net) 541-440-3075.

- . \$50 dollar, non-refundable registration reserves your spot
- . pay the remaining \$110 when you arrive

or

- . \$160 will pay your whole weekend cost!
- . \$10 more for a small bunkhouse for individual accommodation

Please print the registration blank below

- . Send the completed registration by "snail mail"
- . Enclose your check
- . Made out to our registrar, Anna Willman, 650 Callahan Rd. Roseburg OR 97471.

**Registration information on next page**

## Registration for NW Focusing Gathering

Please send to Anna Willman, 650 Callahan Rd. Roseburg OR 97471

Name \_\_\_\_\_ phone no. \_\_\_\_\_

Email address \_\_\_\_\_

Address \_\_\_\_\_

Please check which payment you are including.

\$50 Registration \_\_\_\_\_ \$160 total Gathering cost \_\_\_\_\_

\$10 for individual bunk house accommodation \_\_\_\_\_

Dietary restrictions \_\_\_\_\_

I would like to share this Focusing related activity with others at the  
Gathering

\_\_\_\_\_

At the Gathering I would like to take Focusing Level \_\_\_\_\_ (what level?) or  
other specific requests)

\_\_\_\_\_

If you are opting for individual sleeping arrangements in a small bunkhouse  
bring your own sleeping bag or bedding.

Bring musical instruments and any materials that you might use for your own  
Focusing offering.