

My next Level I Focusing workshop is a two day workshop that will be held in New York City.

Going through Level one will teach you enough of the basics of Focusing that will allow you to immediately bring it in to your life.

In this level I workshop you will learn to be in Presence with your feelings and felt senses- those body felt senses that carry meaning about your life. You will practice a very powerful process of listening to yourself and to others and discover the knowledge and wisdom of your body allowing change and movement forward to occur.

When: June 26-27 from 10 am -4:30 pm.

Where: NYC. Exact location to be announced

Fee: \$200 if paid by June 11th and \$250 thereafter.

This workshop is a level I of a 2 level program. It will be an experiential workshop in which you will have the opportunity to learn and practice focusing. Level 2 is offered on July 24-25

To register and more information Please contact: Yael Bacharach

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About the presenter:

Yael Bacharach, LCSW is a Psychotherapist and a coach.

She has a private practice in which she provides coaching and Psychotherapy to individuals and couples, provides training and workshops and has presented her work in International conferences. She has an MA in Dance therapy, MA in Clinical Social work, Gestalt Psychotherapy, Focusing Oriented Psychotherapy and Couple's therapy training.