

**Follow Your Flow: Focusing Retreat alongside Niagara Falls
Mt. Carmel Retreat Centre
June 15-17, 2018**

Friday, June 15, 2018:

Check in to Rooms available at 4 pm

4:00-5:30 pm: Check in: Front entrance

4:30-5:15 pm: Welcome Celebration: Join Us for Sparkling soda and snacks outdoors (weather permitting)

5:30-6:30 pm: Dinner

7:00-8:00 pm: Opening Ceremony

8:00-9:00 pm: Partnership Focusing

9:30-11:00 pm: Music and Dancing

Saturday, June 16, 2018:

7:00 -8:00 am: Morning Wellness: Feldenkrais Method-Awareness through
Movement with Amona Buechler
or
Meditation with Peter Ryan Sabom Nim

8:00-8:50 am: Breakfast

9:15-9:30 am: Morning Attunement

9:45-11:45 am Session 1:

Room 1: Unraveling the Mysteries of Addiction with the Felt Sense Experience Model
with Jan Winhall

Room 2: Focusing with Pain: Embodying Healing
with Beth Mahler

Room 3: Focusing Connection: The Felt Sense Experience with the Mandala of Being
with Marie Vieira

Room 4: ****Beginner Track**
Practicing the Focusing Attitude and Compassionate Listening for Beginners
with Jon Herberman

12:00-1:00 pm: Lunch (Announcements)

1:15-2:15 pm: Focusing Triad Practice

2:30-3:00 pm: Words from The International Focusing Institute -Elizabeth Cantor, Administrator

3:15-5:15 pm: Find Your Creative Edge: Free Time
(meditation, write, sight see, nap, flock with Focusers, paint)

5:30-6:30 pm: Dinner

Please Turn Over

Saturday, June 16, 2018 continued:

6:45-8:45 pm: Session 2

Room 1: The Felt Sense, Expressed in a Collage of Images and Words
with Maria Skoufas

Room 2: Focusing and Writing: Express a Deeper Understanding of Your Felt Sense through Writing with Nicole Mitchell

Room 3: Focusing: Spending Time with Hard Feelings
with Lorrie Pacheco

Room 4: ****Beginner Track** - Focusing For Beginners
with Amona Buechler

9:00-11:00 pm: Focusing and Humor with Anne Fenn and Music, Dancing, snacks

Sunday, June 17, 2018:

7:00- 8:00 am: Morning Wellness: Morning stretch with Jon Herberman
or
ZEN Meridian Stretches followed by Meditation with Amona Buechler

8:00-8:50 am: Breakfast

8:50-9:10 am: pack and check out of rooms

9:15-9:30 am: Morning attunement

9:45-11:45 am: Session 3

Room 1: Concentration, Mindfulness, and Compassion: How Focusing Skills Can Support a Life Long Meditation Practice
with Peter Ryan Sabom Nim

Room 2: A Background Feeling Experiential Focusing Workshop
with Marine DeFreminville

Room 3: The Authentic Companion: Exploring the Role of the Listener in Focusing
with Nancy Falls

Room 4: ****Beginner Track**
Focusing and the 8 C's of Self Leadership
with Annette Dubreuil

12:00-12:45 pm: Lunch

12:45-1:30 pm: Group Picture and Goodbyes