

DANCE THERAPY AND FOCUSING

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Gendlin's Experiential Focusing is a bodily-centered therapy process which gives you access to a deep level of knowing, leading to inner transformation you can feel immediately and apply to your life. While most approaches to therapy are based on the assumption that it is good to be more "in touch" with yourself, Focusing teaches you how to do this. Focusing is a highly-regarded and well-researched process that has been shown to correlate with positive life change, enhanced self-esteem, and the experience of integration and wholeness. This workshop will explore the relationship from the dimension of Focusing to the world of movement and dance improvisation. Identify felt senses (as distinct from emotions) in your body. Enable the felt sense to communicate its message to you, from the edge of your awareness. Use dance movement improvisation and felt sensing together for healing.

Sat & Sun, Jan 31 – Feb 1, & Sat, Feb 7, 2009
1:30-6:30pm, 3 sessions
\$250

92nd Street Y Harkness Dance Center
1395 Lexington Ave, NYC

[REGISTER HERE](#) and save 50% on the registration fee
or call 212.415.5500

If you are having trouble registering by clicking on the link above, cut and paste this link into your web browser:

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