

**MEETING AT THE EDGE**  
**FOCUSING IN THE BODY-ORIENTED PROFESSIONS**  
**INTERNATIONAL 4-DAY RESIDENTIAL WORKSHOP**

**SEPTEMBER 22-26, 2009**



**BOLDERN CONFERENCE CENTER**  
**MAENNEDORF (ZURICH), LAKE ZURICH SWITZERLAND**

Body-centered practices, and the self-reflective process known as *Focusing*, share a special resonance for reaching deeply into personal process. This workshop is intended for professionals who are interested in integrating *Focusing* with body-centered approaches to their work. MAE 2009 is a non-profit event, led by a dedicated international team that has been working together for five years, volunteering their talents, labors and hearts.

**WHY THIS EVENT:** *Focusing* is a body-oriented practice that offers a deepening connection with interior experience. It has implications for many fields as it encourages integration between sensations, feeling states and language. Many body-centered practitioners aren't trained to pay attention to these subtle relationships when they address clients' concerns. Yet these same practitioners have the potential to profoundly enhance clients' healing and creative processes when they encourage in them a quiet inner listening.

This kind of listening will be encouraged as we share modalities together in groups and as receivers and givers in partnered explorations. From that shared basis we can explore the rich differences as well as commonalities in our approaches. *Focusing* will not only be one more practice added to our repertory, but a medium through which we can communicate and learn from each other.

**FOR WHOM:** This workshop is geared to teachers, practitioners and students in the fields of bodywork, yoga, movement therapy and dance, acupuncture, body-oriented or experiential psychotherapy and related disciplines, with a basic knowledge of *Focusing*.

For those who have not had previous *Focusing* experience we offer an introduction during the day preceding the opening dinner. The pricing and booking for this pre-day is additional. You can also find *Focusing* trainers before the event at [www.focusing.org](http://www.focusing.org).

## VITAL INFORMATION

**Meeting fee:** 400 CHF (Swiss Francs) (500 CHF after March 1, 2009). (As of May 2008 \$1 US is about equal to 1 CHF). This fee covers all organizational costs. No person involved in running the event is receiving any personal fee.

**Accommodations charge** including meals through the Boldern Conference Center:  
Cost of single room: 149 CHF per person per day  
Cost of double room: 124 CHF per person per day  
Cost of quadruple: 85 CHF per person per day  
Payment for accommodation will be due at the time of arrival and will be paid directly to the conference center.

**Registration:** to register send in a non-refundable deposit of 200 CHF by January 1st, 2009. Registering by the January 1st deadline will insure us that we can make this event happen, as we need your commitment to secure our space at Boldern. Full registration fee (additional 200 CHF) will become due by March 1st, 2009 (400 CHF total).

Workshop or registration fee after March 1st 2009 will bring the price of the event to 500 CHF. ***You can register online now on our secure registration page.***

The workshop will be held in English. Italian and German translators will be available.

**Travel:** Boldern is located in the town of Maennedorf, about 30 minutes by train from Zurich on the shore of Lake Zurich (see [www.boldern.ch](http://www.boldern.ch)). The closest international airport is in Zurich. A complimentary shuttle bus service will be provided between Mannedorf train station and Boldern.

**Schedule:** The meeting will start on Tuesday September 22nd with evening dinner and will end on Saturday September 26th with lunch. The Focusing pre-day will take place on the 22nd starting at 12 midday.

## ORGANIZERS

We first came together at the Focusing International Conference in Costa Rica in 2004 as the Focusing and Bodywork Interest Group. We represent various disciplines including Feldenkrais, Shiatsu, Trager, Reiki, Acupuncture, Esalen Massage, Yoga, Psychotherapy, and Dance Improvisation. Jack Blackburn (US); Francesca Castaldi (US/Italy); Claudia Conza (Switzerland); Nicoletta Corsetti (Italy); Mathias DeKeyser, (Belgium); Larry Hurst (US/UK); Stephen Scholle (US).

Our first Meeting at the Edge took place in May, 2007 in Ischia, Italy. The report on that event can be accessed at [www.focusing.org/bodywork/maereport.htm](http://www.focusing.org/bodywork/maereport.htm).

## CONTACT

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Consult our Website for information, frequently asked questions and online registration: [www.mae2009.org](http://www.mae2009.org)

Join our online Forum: <http://health.groups.yahoo.com/group/bodywork-focusing>