

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*.

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

For those who have not had previous *Focusing* experience we offer an introduction during the afternoon preceding the opening dinner. The pricing and booking for this event

is additional. You can also find *Focusing* trainers before the event at www.focusing.org.

VITAL INFORMATION

Meeting fee: 500 CHF. (As of April 2009 \$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. Full registration fee (additional 300 CHF) will become due by June 30th, 2009.

You can register online now on our secure registration page.

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) . The closest international airport is in Zurich. A complimentary shuttle bus service will be provided between Mannedorf train station and Boldern.

Insurance: Participants are strongly advised to take out adequate travel and medical insurance as needed. The organizers cannot be held responsible for the consequences of any cancellation, change or other matter beyond their control.

Schedule: The meeting will start on Tuesday September 22nd with evening dinner and will end on Saturday September 26th with lunch. An introduction to focusing will be offered on the afternoon of the 22nd prior to the start of the conference as a separate event for those who choose to participate.

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.

CONTACT

Email: office@mae2009.org

Consult our Website for information, frequently asked questions and online registration: www.mae2009.org

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