

December 12, 2016

Dear WBF Community,

As we are reaching the close of our follow-up classes, and coming to the end of the year, we want to share with everyone our personal gratitude and deep affection to all of you for creating such a wonderful community.

We have been blessed and felt so much care, love and support growing between all of us as well as within each of you on our shared journeys. And the body's deeper unfolding toward restoring our true Natural Body and recovering of our Natal Spirit continues.

This letter is to inform everyone of our upcoming events as well as some changes that will be happening in the new year.

Announcement of Upcoming Events in 2017:

1. Advanced WBF Modules: Developing capacities as WB Focusers & Companions

All classes on Thursday 11 a.m. and Friday 5:30 p.m. Pacific time (Fri/ Sat in Australia)

These modules are called "advanced" in the sense that we will be advancing our learning and deepening our experiential practicing of WBF. It does not mean that anyone has to have "mastered" the process or feel highly proficient in either role (Focuser or Companion). We have observed and felt how all of you are growing and developing in this way of bodily processing and engaging. In these "advanced" modules, we will be further expanding on what we have already learned.

Although not as structured as Modules 1-4, we will nevertheless have different themes for these new Modules 5-7. Additionally, we see them as being more interactive and co-created, so we will be inviting participants to share their wants, requests, suggestions in advance.

For example, there can be emphasis on expanded learning of some of the basic theory, principles and core foundations of WBF. We will have space to explore specific applications of WBF to special issues, life situations, symptoms and

patterns. And we can spend more time on practicing particular aspects of WBF, such as awakening life-energy and inner direct movement, embodied resonance in the shared field, expression/dramatization, and continuing the body's unfolding. Of primary importance will be Co-Presencing and following the movement of spirit/energy through the living body. There will be much time for demos, break-out sessions and feedback.

Module 5: Deepened exploration of foundations and practices of WBF

In this module, we will be reviewing and expanding the experiential practices of WBF introduced in Modules 1 & 2. Included will be: Grounded Co-Presence; awakening the body's life energy and spirit; inviting and allowing spontaneous movement and imagery; WB Awareness in the 5 spaces; further development of WB Listening; staying with what emerges.

Module 5 Jan. 5-6; Jan. 12-13; Jan. 19-20; Jan. 27-28, 2017.

Module 6: Expanding Co-Presencing: enhancing depths of WB connection & engagement

As we have been exploring, the authentic, genuine and responsive embodied presence of both Focuser and Companion is at the heart and center of WBF. We will be developing and enhancing our capacities for Co-Presencing in the shared relational field. In this module, we will be reviewing and expanding upon material presented in Modules 2 & 3- including some aspects not specifically taught then. We will be practicing the dynamics of Embodying Both; of holding space and staying with what arises at the edges of the WB process; of entering into and staying in the space of bodily felt connection with self and other; resonating and responding from within this inter-connected field; WB expressiveness and interactive engagement.

Module 6: Feb. 2-3; Feb. 9-10; Feb. 16-17; Feb. 23-24, 2017.

Module 7: Facilitating WB Transformation: further unfolding and recovering of spirit

This module will be advancing our capacities to invite and facilitate the process of WB Transformation introduced in Module 4. We will also be including elements from Module 3 to develop a more complete process of awakening and facilitating the body's wisdom to transform life patterns - and to restore our connection with

the Natural Body. Learning to stay connected in a real and whole body way at the edges of what is unfolding will be a central theme in this module. The central notion of awakening and harnessing life-energy, coming more alive and letting the body lead the way toward restoring wholeness and recovering spirit will be our main emphasis as Focusers and Companions.

Module 7: Mar. 2-3; Mar. 9-10; Mar. 16-17; Mar. 23-24, 2017.

Registration and Fees:

You can sign up for individual Modules or the whole series- but not just for individual classes within each Module. And Glenn highly recommends taking all three modules as they will be building upon each other.

To register, please send us both an email indicating you will enrolling in Module 5 (or any other), glennfleisch@aol.com, katarina@thinkinginmovement.ca.

You may also register on the doodle page,

* Doodle: Modules 5-7 Advanced WBF training – Th/Fr (Fr/Sa in Australia) Jan-Mar 2017: <http://doodle.com/poll/7pvntys5p9d2ubvy>

Cost: \$150.00 USD for each module or \$425 if you register for all three at once.

Please do not send payment in advance. You will be sent an invoice for all services each month.

1. **Circles-** As we know, circles are informal gatherings for anyone registered in a module. They offer additional time for practicing, demonstrations, and learning.

In general, circles will be held on Tuesdays at 11 a.m. and alternate Saturdays at 5:15 p.m. Other times may be offered- and will be announced.

2. **Tutorials-** These are more structured events to allow you to practice as Focuser and Companion- and to get feedback from the group. Tutorials are

designed for learning and skill-building- as well as ways to enhance your experiential understanding of WBF.

Tutorials will be held every Friday at 11:30 a.m. and alternate Tuesdays at 5:30 p.m. Other times may be offered or times changed. Please check with Glenn's calendar, <http://thinking-in-movement.activeboard.com/t62870538/glenns-all-in-one-calendar/>.

Policies and fees: Circles are free of charge as long as you are currently registered in a module. Tutorials cost \$35/each or \$125/ for 4 in advance.

We require a minimum of **4** people to be pre-registered in circles and tutorials at **least 48 hours** in advance to hold that event. So if you are planning to attend any of these events, please register on the doodle pages- and you can also send an email. If you are unsure if you can make a particular event, please indicate a 'Maybe' on doodle. that is fine. It may be canceled however if we do not have the minimum enrollment within 2 days.

* Doodle: Glenn's CIRCLES WBF Advanced WBF training groups (Modules 5-7) Jan, Feb, Mar, 2017: <http://doodle.com/poll/gipv4r8vvp76rx9v>

* Doodle: Glenn's TUTORIALS – open to all who have completed Glenn's Module 2: <http://doodle.com/poll/e86574p53fqvqfra>

- 3. Individual WBF sessions-** You may be interested in having individual WBF sessions via Zoom. These can be used to explore and work through personal patterns and issues- as well as valuable opportunities to expand learning of WBF from within your own experiential process. Sessions are set up with Glenn- if interested, please send an email.

Fees for Individual Sessions: 30 minutes: \$100; 45 minutes: \$125; 60 minutes: \$150.

Payment policy: Starting in 2017, we are offering an alternate payment arrangement. Instead of sending payments in advance, everyone will receive an invoice via email or PayPal (whichever you prefer) each month. That will include all the charges for services and events attended for that month only- unless you wish to pay in advance for all 3 Modules or for 4 tutorials.

You can mail payments to: Glenn Fleisch 922 Centro Way Mill Valley, CA. 94941 or use PayPal. Please remember that there is a \$5 additional surcharge for each Module, \$5 for individual sessions with Glenn, and \$3 for each tutorial if you use PayPal.

If you would like to continue with the advanced modules, tutorials and/or individual sessions, and have specific financial concerns, please contact Glenn and we can arrange for a payment plan that will suit your situation. For example, we can arrange partial payments, on a monthly basis spread out over time, or some other arrangement.

4. Modules 1-4: Recovering your body's spirit: becoming fully alive with WBF
New series will be starting in April, 2017.

Th/Fr (Fr/Sa in Australia) four consecutive weeks for each Module (except in June, where we skip June 22-23):

Module 1 Apr. 6-7; Apr. 13-14; Apr. 20-21; Apr. 27-28, 2017.

Module 2 May 4-5; May 11-12; May 18-19; May 25=26, 2017.

Module 3 June 1-2; June 8-9; June 15-16; June 29-30, 2017.

Module 4 July 6-7; July 13-14; July 20-21; July 27-28, 2017.

Anyone is welcome to retake this series – repeating the series is highly recommended as part of Certification. You can also learn to assist with newer students – develop skills as a Companion and also enhance your WBF experience. Feel free to recommend anyone you sense might be interested

in the new series of Modules 1-4 to contact us for more details about this new series and registration.

Cost for new people: \$175/ per Module.

Cost for returning students: \$150/ per Module.

Please feel free to invite friends, colleagues, other Focusers to join us! A more complete announcement will be forthcoming soon.

* Doodle: New Series of Four Modules of WBF: Recovering your body's spirit: <http://doodle.com/poll/58cpcczq2msdp289>

5. **Certification as WBF Trainer or WBF Therapist-** If you are interested in learning more about the benefits as well as the requirements and costs for becoming certified by the Focusing Institute, please contact Glenn. Once we have sufficient interest, we will be setting up a Zoom meeting to discuss Certification.

6. **Recovering your spirit/ Embodying your soul: A WBF retreat by the sea Pacific Grove, CA.:**

Details for the retreat site are being finalized. The retreat will not be at Asilomar itself but at one of three inns/lodges immediately across the street. This will allow for a more intimate and contained space, and will be less expensive. These sites offer breakfast, have fridges, a meeting room, a wine/cheese reception at night and of course the amazing atmosphere of being right across from the beach/ocean.

Dates: Sunday afternoon **Oct. 8** through Thursday morning, **Oct. 12, 2017**. This will cover 4 nights. You may of course need or choose to come earlier or stay later.

Once the specific site is chosen (which should be this week), you will be sent the information on costs for the retreat accommodation and a link to the lodge website so you can see the rooms- we will book for you when you choose your type of room.

The cost for the retreat itself will be: \$450 for all 4 days (or \$395 for early registration by March 30, 2017).

If you are planning to attend or are considering attending, please let us know- including if you would prefer a single or double occupancy, or may be willing to share a room for 3 people.

It would such a wonderful treat to see many of you there “in-person” for four days of WBF, recovering spirit, and having a great time! It is truly an amazing place.

We are so enthused about this event that we want to make it possible for everyone to come. So if finances are a concern, please let us know as soon as possible so we can explore possibilities. This may be a once in a lifetime event!

* Doodle: WBF retreat by the sea Pacific Grove, CA Oct. 8-12, 2017:
<http://doodle.com/poll/nu8ne3arxs8wdm7f>

7. Informal WBF workshop in Mill Valley, CA. on February 25th: 11 a.m.- 6 p.m.

Glenn is thinking of offering a one day in-person WBF workshop in Mill Valley. It would be an informal gathering of people experienced in WBF for sharing space, having sessions, seeking live demonstrations and enjoying the company. If you live in the SF Bay Area, or are close enough to attend, please let Glenn know. Cost: \$ 125

* Doodle: Informal WBF workshop in Mill Valley, CA. Sat Feb 25, 2017:
<http://doodle.com/poll/39bagc4q2esxnhma>

8. Other Focusing events where Glenn will be offering workshops:

a. International Focusing oriented therapy conference: Garrison in New York

Glenn will be facilitating a morning study group on WBF in therapy: transforming patterns and recovering spirit in the shared relational

field.

2017 International Focusing-Oriented Therapy Conference

www.focusing.org/fotconf

June 22 - 25, 2017

At The Garrison Institute – Garrison, N.Y..

b. Focusing Institute Summer School- Garrison in New York

Glenn will be one of 4 teachers leading a morning workshop group on WBF. Theme will be on: WBF: restoring wholeness through the body's spirit in the space of Co-Presencing.

The 12th Annual Focusing Institute Summer School (FISS 2017)

<https://www.focusing.org/fiss>

August 14 - 19, 2017.

At The Garrison Institute – Garrison, N.Y..

More information on both conferences can be found on the Focusing Institute website.

Looking forward to continuing our WBF journey together on the path of the body's deep wisdom and recovering of the spirit of our Natural Body.

If you are unsure about continuing in the WBF program, or need to discuss your situation and possible next steps in learning WBF, please contact Glenn to set up a phone or zoom meeting. Perhaps we can assist in helping you decide, in exploring a program to meet your specific needs, and/or discussing your personal/financial situation.

Sending love and gratitude,
Glenn and Katarina

P.S. There will be some possible administrative changes coming up in 2017. You will of course be notified and any questions answered as these changes are announced.

