



Treasure Maps to the Soul

6-day Focusing Intensives

with Barbara McGavin & Ann Weiser Cornell

February 27 - March 4, 2012, Abbotsford, BC, Canada

April 29 - May 5, 2012, Mitzpe Ramon, Israel

August 8 - 15, 2012, Charney Bassett, Wantage, Oxon

Do you wonder if you'll ever get beyond your toughest life issues? The ones you think will never change – even though they are directly in the way of living the life you want to live? That's what *Treasure Maps to the Soul* is all about.

We developed *Treasure Maps to the Soul* because we had to – we each had huge life issues sitting in our way but the Focusing process as we knew it wasn't enough to handle the depth and complexity of the issues we were dealing with. Rather than going to some other method, we reached deep into the roots of Focusing, and found what brought transformational change in our own lives. The result: *Treasure Maps to the Soul*, developed and refined by working intensively with hundreds of people over the past 15 years.

Treasure Maps to the Soul is a powerful way of transforming any stuck area of your life, any inner struggle, any place where your energy is bound up in fear, shame, confusion, self-criticism, hopelessness, despair. We are talking about transformational change here - bringing forth the vital aspects of your energy that have been bound up and exiled by the struggles.

More than just techniques, *Treasure Maps* embodies a philosophy of the radical importance of every part of you: how even the most critical 'critics' and rebellious 'rebels' hold vitally important aspects of your essence. *Our mission is to enable you to live from your calm, clear, compassionate self so you can bring your gifts and your passion into the world.*



Barbara McGavin

Barbara has been practicing Focusing since 1983, and is internationally recognized as a major contributor to the theory and teaching of Focusing. Since 1994, she and Ann have been continuously creating *Treasure Maps to the Soul* out of their own personal journeys into healing difficult life areas, in a richly creative partnership.

Barbara has also developed a program for enhancing every stage of the creative process, called Spark to Beacon. Her current passion is the study and exploration of what happens when we develop our strengths – those areas in which we feel energized, competent, and fully alive – and how this adds to Self-in-Presence as a continual way of being in the world.

She is an Accrediting Mentor of the British Focusing Teacher's Association and a Certifying Coordinator for The Focusing Institute.



Ann Weiser Cornell

Since 1988 Ann has travelled in eighteen countries on five continents, teaching her special approach to Focusing, emphasizing Focusing as a healing, nurturing relationship with your inner self. Ann learned Focusing in 1972 from Eugene Gendlin and others. In 1983 she created the first workshops on the language of Focusing guiding. Ann is internationally recognized for her clear language and the safe space she creates for inner work.

Ann is a Certifying Coordinator for The Focusing Institute. She is the bestselling author of *The Power of Focusing*. Her new book, *The Radical Acceptance of Everything: Living a Focusing Life*, is published by Calluna Press and contains many articles co-authored by Barbara McGavin.

February 27-March 4, 2012
Abbotsford, BC, Canada



Edenvale Retreat and Conference Center, Abbotsford, BC, Canada. Edenvale is located in the beautiful Fraser Valley in Southwest British Columbia, in the heart of the daffodil capital of Canada! Only an hour's drive east of Vancouver — and a ten minute drive from the Abbotsford International Airport. The Center sits nestled on 38 acres of incredible nature, forest and gardens. From the solitude of the peaceful forested walking trail, to the colorful palette of flowers and wild areas, the energy and serenity of the grounds offers workshop participants rejuvenation of body, mind and spirit.

Early registration workshop fee is \$875 (\$925 after January 17th). Workshop fee does not include room and board. Room and board rates are \$615, \$650 or \$795 depending on type of room reserved. All fees are in U.S. dollars.

April 29-May 5, 2012
Mitzpe Ramon, Israel



iBike & Hangar Adama, Mitzpe Ramon, Israel. Our workshop will be held in two venues in Mitzpe Ramon, an eco-tourist destination in a beautiful area of Israel's southern desert, some three hours south of Tel Aviv and an hour south of Beer Sheba. We will sleep and eat our meals at the warm and friendly I Bike Hotel, and take a short walk to the spacious workshop room at Hangar Adama. Hanger Adama (Earth Hanger) is home for the Liat Dror and Nir Ben Gal dance troop. Hangar is also used as dance studio, performing hall, workshops, seminars and similar spiritual, cultural and social events - all in a serene and magic atmosphere. The nearby I Bike Hotel offers a large patio with pools, lay-about corners, desert views and even a petanque court!

Early registration workshop fee is \$670 (\$720 after March 15th). Workshop fee is in U.S. dollars and does not include room and board. Room and board rates are paid directly to the hotel in local currency (NIS) and range between 1980 NIS and 2180 NIS per person depending on type of room reserved.

August 8-15, 2012
Charney Bassett, Wantage, Oxon



Charney Manor, Charney Bassett, near Oxford, UK. Charney Manor, one of the oldest inhabited houses in Britain, is a place of tranquility where people come for reflection, renewal, and retreat. It is located twelve miles south of Oxford in the Vale of the White Horse. Once the grange of the Benedictine abbey of Abingdon, the Manor is now owned and managed by the Society of Friends (Quakers). With its comfortable rooms and delightful grounds, the Manor includes single and twin rooms, most of which are ensuite.

Early registration workshop fee is \$875 U.S. funds (\$925 after June 15). Workshop fee does not include room and board. Room and board rate is £542 GBP (British Pounds) for single or double room. Singles are limited and assigned on first come, first served basis.

Payment plans available – just ask!

Pre-requisite for Treasure Maps to the Soul retreats: two Levels previous Focusing experience, including partnership practice. Check with us if you're not sure.

Details

- * *Treasure Maps retreats begin with dinner on the first day and end with lunch on the last day. Evenings are free for you to relax, rest, or join with other participants for light playful activities.*
- * *During the workshop, large and small group exercises give you a chance to practice the processes in a supported environment and we will have time to talk about what you experienced and answer questions. You will mainly work in partnerships, using our protocols to support your process.*
- * *We share our conceptual models, playfully illustrated by our toy animal staff. We also provide you with full workshop handouts, written protocols, and cue cards, so you can use the methods again and again, with yourself and others after the workshop is finished.*
- * *The atmosphere of our workshops is respectful, accepting, open, warm, playful, supportive. Our intention is to empower you to use these abilities over and over in your life.*
- * *Because we work at an advanced level, everyone who comes needs to be experienced already in Focusing and Focusing partnership. That means a **minimum** of Level Two (and the more Levels the better – this work has been called “grad school for Focusing”!).*
- * *Participant numbers range from 15-26, and numbers are limited to provide the most facilitative experience to participants.*
- * *What we ourselves experience from doing this inner work: more freedom, clarity, self-acceptance, acceptance of others, and joy....*

***For more information and to reserve your space in a
Treasure Maps to the Soul retreat, visit:
www.focusingresources.com/workshops/tmapsretreats.html***

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