



Mind-Body Connection

Focusing Yoga Chair-based Yoga
Classes Courses One-to-one

Focusing

Would you like to learn how to:

- trust your intuition more
- solve problems creatively, and make decisions confidently
- cope more effectively with conflict, change, overload and other sources of stress
- move through blocks and difficulties in your life with gentleness and kindness
- enhance your creativity
- make career or lifestyle changes?

Focusing can help with all of these.

Focusing is self-discovery. We become our own good listener and learn to tap into our inner resources, exploring a new way of being with ourselves, our experiences and emotions. In this way we improve our sense of well-being and physical and mental health.

We discover non-judgmental, safe and gentle techniques, which support us in finding insights into issues in our lives, and reconnecting with the flow of life within us. As we turn towards our present moment experience together, we learn ways to help guide us in creativity, decision-making and emotional wisdom.

How can I experience Focusing?

I offer Focusing one-to-one, and in small groups. These can be face-to-face, by phone or Skype. You don't need to have learned Focusing before.

Focusing for me is a very gentle method for self-discovery and personal growth. Its purity as a method is through one's engagement with oneself without external opinions or judgements, enabling us to find our own answers. I have been Focusing for eight years, and with Carolann Samuels for nearly a year and she has conducted herself with absolute integrity and has helped me with the Focusing process without influencing the direction of my unfolding. I fully recommend her as a Focusing teacher.
Anthony Good MBBS MMedSci MA

To find out more, contact **Carolann Samuels**

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Yoga

Would you like your body to be:

stronger?
more flexible?
less prone to injury?

Would you like all this without straining and without going to the gym?

And would you like to learn techniques to help deal with stress, anxiety and tension?



You may have heard that Yoga can help with all of these, but thought it's not for you. Your image of Yoga might be something that very flexible people do in tight T-shirts and leggings. They sit on the floor in impossible positions, or stand on their heads.

We can do this!

And if you prefer to practise your **Yoga in a different way**, we can practise in a chair.



Whichever way we practise, Yoga can also help us in other ways:

- ✓ Better sleep
- ✓ More energy
- ✓ Improved balance
- ✓ High blood pressure might be reduced
- ✓ Easier to relax
- ✓ Better control of blood pressure
- ✓ Diabetes may be more easily controlled.
- ✓ Easier to deal with chronic pain

"It is amazing how many moves one can achieve while sitting on a chair, and those combined with a "warm up" period and a closing relaxation period makes the experience a highlight in my week." Scott Mattocks

One-to-one Yoga

When you need more support for specific issues, or to get started on your Yoga journey, we explore ways of combining Focusing, Yoga, meditation and relaxation for you as a whole person.

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