

Introduction to Focusing

14-15 February 2026

This is an opportunity to learn from two members of the London Focusing Team. The two-day workshop will include the basics of Focusing with yourself, and helpful ways to facilitate a Focusing process in another person.

What is Focusing?

Focusing is a gentle, embodied practice that helps you listen to your body's implicit knowing. By turning our attention inward with curiosity and respect, we learn to identify a *felt sense*—a bodily sense of a situation that is more than thoughts or emotions alone. We stay with this felt sense until something begins to come into focus, something shifts, and a new way forward reveals itself.

Focusing supports emotional clarity, self-regulation, and meaningful change. It deepens presence, enhances attunement to clients and oneself, and offers a reliable way to work with what is not yet clear but already alive in the body.

This workshop is open to anyone interested in embodiment practices, including psychotherapists, counsellors, coaches, facilitators, dancers, and body workers of all kinds.

This introduction (or equivalent) is a pre-requisite for the full 2-year London Focusing training.

Price: £250

Dates: Saturday 14 February - 10:00-17:00
Sunday 15 February - 10:00-15:00

Venue: Moving Pieces Studio, 60A Weston St, London SE1 3QJ

Nearest station: London Bridge

Registration: please contact Carol at londonfocusing@gmail.com

London Focusing: for more information go to www.londonfocusing.com



Frauke Requardt

Certified Focusing-Oriented Therapist

Frauke Requardt is a focusing-orientated Therapist, a focusing teacher and Supervisor. Other trainings include existential Psychotherapy, and Somatic Experiencing. Frauke also has a background in dance and works as a choreographer.



Millie Baker

Certified Focusing Practitioner

Millie offers 1-1 Focusing sessions to help people explore their present moment embodied experience. As a public speaking coach, she integrates aspects of Focusing, Hakomi and Speaking Circles to help people speak from embodied presence rather than performance.