

The FOCUSZART Focusing Studio & School

EFA Meeting Tübingen 2016

Voices From Tübingen Participants

Teresa

We worked through a pretty tough of topics and yet there was a lot of warm and joyful friendship time

Pavlos

Our meeting in Tübingen was once again a unique experience for me. What I appreciated most was the quality of this meeting. Somehow we managed to create a warm, open, respectful and accepting atmosphere, in which everyone could find their place, time and rhythm; everyone could be themselves. (... ...) And of course there was the friendly, kind, caring, unforgettable quality of Freda's presence

Fiona

We all had a chance to settle into the body felt sense, and we listened and shared from our body felt sense. It deepened the quality of our relationships. Together, we created a deep open listening space where each person could be held

Heidrun

I liked the ease of collaborating and our trust in the group process. Having been to a number of meetings before, I will certainly remember this time, especially some of the incidental things that make such a difference and make experiencing complete

Akmal and Annika

It is always inspiring and enriching to meet with friends from the community! (... ..) Thank you Freda, thank you all for creating such a wonderful comfy atmosphere

Ria

I felt a warm appreciation for all the preparations Freda made to bring us together in beautiful Tübingen in Germany. I experienced very positively the cultural history on which the European Focusing community is based and how it is growing forward