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*TAT Pros: this class counts towards TATLife's continuing education requirement  
Pros in Training: The Practicing Presence workshop is a prerequisite for this class*

**Cost:** \$150

**Dates/Times:** Tuesdays February 16 - March 9 from 10:00 a.m. to 11:30 Pacific.

For your timezone, visit: <http://timeanddate.com/worldclock/>

*If you would prefer **evening and/or weekend times**, please contact me; with sufficient interest groups will be created to accommodate other timeframes.*

To register, please email me: [lisa@bodymindjourney.com](mailto:lisa@bodymindjourney.com) or call (831) 440-1384

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### **Deepening Presence: Core practices for daily living (6 hour teleclass over 4 weeks)**

As TAT Professionals "practicing presence" is something we value and it's a core part of our training. Both in our work and in our lives, the more we can be aware and fully present, the easier it is to go with the flow of change, deepen our experience and grow in compassion and wisdom.

Cultivating presence is essential for being an effective practitioner and for developing loving relationships with others; it's also the most important support you can have for doing your own inner work. Even if we're pretty comfortable being present and open with clients, we can find it more challenging outside of sessions, to be aware and present with our own experience as we go about our daily lives.

### **The purpose of this class**

In this class I'll share some practical approaches and practices I have found most helpful in my own life, professional work and inner development. This is intended to be an introduction to approaches and practices and will be very experiential.

Here are some specifics about what we'll do together:

- Explore different ways we talk about and experience "presence" including: being present, being "in presence" with things/people, "self in presence" and the larger meaning of Presence
- Explore how it actually **feels** to be fully present, centered in yourself, here and now
- Learn how to access more presence through body-awareness and inner sensing
- Discover more about the biggest obstacles to being fully present: reactivity and identification
- Practice being more present in daily activities, especially those related to work, like emails, sessions, phone calls and other interactions
- Explore how being present enhances your ability to listen and respond appropriately
- Use TAT to clear identifications and support presence