

“The Embodied Life™” Classes

Offered by Carol Delmonico RN, Professional Life Coach

In this series of classes we are working with the fundamental question “How do we live a life in which we don’t miss anything in the world and don’t lose ourselves?” Our basic direction is moving toward welcoming everything that comes (thoughts, feelings, needs, images...) and not identifying with any it.

If that question is something you are interested in exploring, this class is for you.

The work we will be doing is body based. Our body is always in the present moment and is a great ally in growing our ability to be with ourselves and be in relationship with the world at the same time. These attention practices are designed to develop your awareness and presence so that you are more alive in each moment. For more details about this work visit

<http://intobalancecoaching.wordpress.com/> and click on The Embodied Life™.

Class time will consist of a sitting practice, movement lessons, a process of guided inquiry, and short talks and discussion. These classes are based on the work of Russell Delman. For more details on the work we will be doing I encourage you to visit his website and read some of his articles www.russelldelman.com or call me to connect and get more information.

The first class is three hours long and subsequent classes are 1½ hours
Please note change of day from first flyer for daytime class.

Daytime: Thursdays Time: 9:15-10:45 a.m. (first class will be 9 a.m.-noon)

Dates: February 11th, 18th, March 4th, April 1st, 15th and 29th, May 6th and 20th June 3rd

Evenings: Thursdays Time 6:30-8 p.m. (first class will be 6-9 p.m.)

Dates: February 25th, March 11th, April 1st, 15th and 29th, May 6th and 20th and June 3rd

To register or for more information please call Carol @ 541-389-0831

or email her at carol@intobalancecoaching.com

About the facilitator: Carol Delmonico RN is a Professional Life Coach, a Communication Trainer, and an Embodied Life Guide. She is completing a three year mentorship with Russell Delman. She is a life long student, teacher, learner and seeker of wholeness. Carol is married with two children ages 18 and 13. She values balance and is inspired by her family, nature, friends and laughter.



“Carol Delmonico has been studying “The Embodied Life” work with me for almost five years and will soon complete the intensive three year mentorship program. I have great confidence in Carol’s capacity to transmit the essence of this approach as well as in her integrity. Those interested in learning to manifest a more authentic, deeper Presence in their lives are encouraged to study with Carol. I am delighted that she will be offering these teachings in the Bend area.” Russell Delman

www.intobalancecoaching.com www.pcoco.com carol@intobalancecoaching.com