

The Embodied Life™ Series

*Are you interested in living a more awakened life?
Would you like to have the support of a community of learners?*

If you answered yes please come join us in developing these attention practices that support the human capacity for greater presence and spontaneous awareness.

We will explore:

Movement- (based on the work of Moshe Feldenkrais) Focusing on the five embodied qualities of ground, upward vitality, center, breath and space

Sitting meditation- This practice is a bare bones approach to being still and present. Growing our awareness of how often we are not in the moment and with kindness bringing attention back to the moment...again and again

Guided inner process-Bringing presence, warmth, empathy and interested curiosity to your inner life and creating a spaciousness where all is welcome (thoughts, feelings, and emotions) and nothing is identified with.



No prior experience is necessary. More information is available at www.intobalancecoaching.com/embodied_life_classes.htm . I would be happy to talk with you in more detail about these practices and how they can support you. **To contact me or to register Call Carol at 541-389-0831 or email carol@intobalancecoaching.com**

Fall Series is focused on breath and center and consists of eight classes

Evening series: Monday evenings September 13th through November 8th with no class on October 25th Time: 6:30-8:30 p.m. Place: ASMI yoga studio 911 SE Armour www.asmiyoga.com
Cost: \$160.00

Daytime series: Thursday mornings September 9th through November 18th with no class on October 21st and 28th and November 11th Time: 9:00-11:00 a.m. Place: ASMI yoga studio 911 SE Armour www.asmiyoga.com
Cost: \$160.00

About the facilitator: Carol Delmonico RN is a Professional Life Coach, and an Embodied Life Facilitator. Carol completed the three year embodied life mentorship program with Russell Delman. She values balance and is inspired by her family, nature, friends and laughter. www.intobalancecoaching.com

“Carol Delmonico has been studying “The Embodied Life” work with me for five years and has completed 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.russelldelman.com



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