

Want to Step Off the Hamster Wheel?

Pausing through sitting meditation and movement

Are you on the hamster wheel running as fast as you can? You know it would be wonderful to pause, some part of you craves it, and at the same time it seems a little scary to think about stopping? And to do it by yourself seems even more daunting?

You may be aware of a cultural message that says; I need to be productive all the time, I'll get behind if I stop, I'm lazy if I take time to do something for myself, or I'm selfish.

There are many cultural messages that don't support pausing. And it's a key step in living a balanced, present and joyful life. You can choose to listen more deeply to yourself and make conscious choices about your life and to do that you need space to reflect.

Come join me to practice sitting meditation with some movement and guided inner work.

The work we will be exploring is based on my work with Russell Delman and the **Embodied Life**. Each of these practices will help you know yourself better and support you to be more awake and alive in everyday life. Learning these attention practices will support you to spontaneously pause and be in the moment more often.



If you are curious and have questions please give me a call 541-389-0831
To register email carol@intobalancecoaching.com

Dates: Six Monday evenings starting January 17th- February 28th 2011

Time: 6:15 -7:30 p.m.

Fee: \$80.00

Location: TBA

About the facilitator: Carol Delmonico is a Professional Life Coach, RN and an Embodied Life Facilitator. Carol completed 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 19 and 14. 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***

Want to know more about Carol? Start by subscribing to her blog and receive articles and healthy recipes <http://intobalancecoaching.wordpress.com/>



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