

The Embodied Life™ Seminar

with Russell Delman

Embodying Peace, Uncovering Freedom:
September 10 & 11,

September 11 is an iconic day in our collective psyche. For some of us there were personal losses. For all of us, there was a jangling of our sense of security. As with all challenging situations, the potency of the day can be used to further our awakening.

The Embodied Life Seminar
10 am - 5 pm with a lunch break
Windsor Inn Conference Center
2520 Ashland St., Ashland, Oregon

Seminar will include the teachings and movement lessons of Moshe Feldenkrais, Zen-based meditation, and Guided Inquiry (based in Eugene Gendlin's "Focusing")

Investment: \$170

Early Bird Price (until August 1) \$150

10% discount veterans and students with ID
To register, or for more information, contact
Sharry Teague (541) 488-8016
sharry@LifeInTheFlowLane.com

"Russell is a true teacher and healer."

~ Ram Dass

Russell began his study of Zen meditation and somatic psychology in 1969 as an undergraduate student in psychology. His training and personal relationship with Moshe Feldenkrais began in 1975, and he has since helped train more than 2500 Feldenkrais teachers all over the world. In recent years, Russell's close friendship with Eugene Gendlin has strongly influenced his work. Russell offers a mentorship program in "The Embodied Life". More information may be found at Russell's website

www.russelldelman.com

