

The Embodied Life™ Seminar

with Russell Delman



Windsor Inn Conference Center
2520 Ashland St., Ashland, Oregon
Best Western, I-5 Exit 14
June 25, 26 & 27

Learning to be at Home
in Body, Mind and Spirit

FREE Public Talk -- June 25 7:30-9 PM

The Embodied Life Seminar

June 26 & 27 10 am - 5 pm with a lunch break
Seminar will include the teachings and
movement lessons of Moshe Feldenkrais,
Zen-based meditation, and Guided Inquiry
(based in Eugene Gendlin's "Focusing")

Investment: \$165 (10% discount for
seniors, students & veterans)

Early Bird \$150 before May 15

To register, or for more information, contact
Sharry Teague. Sharry is a graduate of The
Embodied Life Mentorship Program and
welcomes your questions. (541) 488-8016
sharry@LifeInTheFlowLane.com

"Russell is a true teacher and healer."
~Ram Das

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

