



Week-long Workshop May 24-28 2010

with
Russell Delman

Many of us have been "bitten by the bug of Awakening" and are dedicated to overcoming our collective trance. This seminar offers an integrated approach to accelerate this process of Awakening: uncovering authentic Presence.

Definitions:

Embodiment: A condition of wholeness whereby one is aware of thoughts, feelings, sensations and movements and there is harmony of mind/body/spirit.

The Embodied Life: The intention to live into these qualities, expressed through presence, awareness, authenticity, and vitality.

Meditation: Based in classic Zen approach, "just sitting", we attend all moments with curiosity/kindness, without manipulation. Experienced meditators and novices are welcome (chairs available).

Guided Inquiry: Through various awareness practices we learn to identify unhelpful mind/body habits, uncovering the somatic basis for becoming unbound from the past.

Moshe Feldenkrais developed a sophisticated, neurologically-based approach to learning where participants use gentle, interesting movement lessons to literally change patterns in the brain. Lessons are fun, engaging and easy.

Biography

Russell Delman has maintained a meditation practice for over 35 years. He was personally trained by Moshe Feldenkrais and has been teaching since 1975. He currently leads seminars, retreats and trainings throughout the world. For information, visit RussellDelman.com

Begins Monday with the 6:00PM dinner
(Check in between 4:-00- 6:00PM)

We'll finish on Friday at lunch (lunch included)

Location: Breitenbush, Oregon

Sponsored by



Healing Bridge
PHYSICAL THERAPY
Cross the Bridge to Better
Health & Wellness

www.HealingBridge.com

Registration:

The registration fee includes the workshop, your room (shared with 2 or 3 same-sex roommates), and 3 excellent vegetarian meals per day. Catering begins with Monday's dinner, and ends with Friday's lunch.

To see more about Breitenbush Retreat Center please visit www.breitenbush.com. There are a limited number of cabins with bathrooms, so we encourage you to register ASAP.

We request a \$250 deposit. The full balance is due April 23rd, or if reserving after April 23rd.

- Deposit: \$ 250.00
- Early (through 4/23/10): add \$315 \$
- Regular (after 4/23/10): add \$345 \$
- Cabin with bathroom: add \$64 ^{per person} \$
- I ALSO plan to attend the weekend Workshop (May 22 & 23 in Bend): add \$130
(does not include meals or lodging) \$

Total enclosed:

\$

Payment Methods:

Check

Please make payable to: Healing Bridge Physical Therapy (Put "Breitenbush Retreat" in the memo) and **mail** it with your registration to **404 NE Penn, Bend, OR 97701**

Visa/MC/AMEX

Please **call** us at **541-318-7041** so we can process your payment and registration.

Name: _____

Address: _____

City/State/Zip: _____

Phone: () _____

Email: _____

We primarily use email to communicate information about this event.

Check here if you prefer we use phone or snail-mail for communication.

How did you hear about this workshop?

Cancellations: Our refund policy is as follows:

- through 4/23/10: full refund
- 4/24/10-5/14/10: full refund EXCEPT for a \$50 processing fee
- After 5/15/10: \$273 if you reserved a cabin without bathroom, and \$337 if you reserved a cabin with a bathroom

Please bring a blanket, mat, or pad to lie on for the Feldenkrais ATM lessons. Alternately there is the option to sit on a chair. Please also bring a cushion for the meditation sessions.

Carol Delmonico is happy to answer any questions about this event. Call her at 541-389-0831, or via email: carol@intobalancecoaching.com