

# *The Deep River Within:* *Taming the To-Do List and Finding Depth in Everyday Life*

**A 7-week distance course for women in the art of slowing down**  
*(via telephone & internet)*  
**led by Abby Seixas, M.Ed.,LMHC**

Beneath the busyness of our daily lives flows a deep river of creativity, passion, silence, and a place of contact with ourselves and what matters to us. Although “the deep river” is a powerful source of nurturance, the fragmentation and sheer pace of life in 21<sup>st</sup> century America often buries this deeper dimension under the perpetual-motion surface of our days.

This course is about slowing down. Based on Abby’s highly acclaimed book, *Finding the Deep River Within: A Woman’s Guide to Recovering Balance and Meaning in Everyday Life*, it will introduce the three preliminary doorways and six core practices that can support us in allowing our own deeper currents to flow through daily life.

With the help of readings, experiential exercises, discussion, creative expression, humor, and each other, we will explore ways to free ourselves from the tyranny of our “To-Do’s”, and so to rest more in our deeper selves and in the gift of life itself.

*For dates of the next 7-week distance course,  
check the News & Events page of Abby’s website:  
<http://deeperiverwithin.com/deep-river-events/>*

Calls will be recorded for course members only, to download if a meeting is missed. In addition, there will be a participants-only website for posting comments, sharing and questions, and for accessing downloads of all supplemental materials.

*Cost: \$250. (You are responsible for your telephone carrier’s charges for the calls.)  
Some scholarships available.*

**FOR QUESTIONS & MORE INFORMATION:**  
**[abby@deeperiverwithin.com](mailto:abby@deeperiverwithin.com) • <http://www.deeperiverwithin.com>**

**Abby Seixas** is an author, speaker and psychotherapist in private practice. Her television appearances include NBC’s *The Today Show* and the Hallmark Channel, and her work has been featured in national and local print media including *O. The Oprah Magazine*, *Self*, *Woman’s Day*, *Fitness*, *Body + Soul* and *The Boston Globe*. Abby has been in the mental health field for 30 years and has been a consultant and supervisor in training centers in the United States and abroad, including England, the Netherlands and Russia.