

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

A one-day workshop led by Abby Seixas, M.Ed., LMHC



Beneath the busyness of our daily lives flows a deep river of creativity, passion, silence, and also, 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 21st century America often buries this deeper dimension under the perpetual-motion surface of our days.

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

With the help of experiential exercises, discussion, journaling, 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.

SATURDAY, MARCH 21, 2015, 9 a.m. to 4:30 p.m.
Weston, Massachusetts. (directions provided on registration)
COST: \$ 125 (for DR veterans: \$65)

Abby Seixas, L.M.H.C., M.Ed., is an author and psychotherapist, in private practice for 35 years. Since 1994, her popular "Touching the Deep River"[™] groups have helped countless women reclaim their life-balance. She has appeared on NBC's "The Today Show" and the Hallmark channel, and her work has been featured in, "O" *The Oprah Magazine*, *Self, Body+Soul*, *Woman's Day* and *The Boston Globe*. More at: www.deepriverwithin.com

TO REGISTER, or with QUESTIONS:
contact Abby: 781-647-4404, or abby@deepriverwithin.com