

The Deep River Within: *A Holiday Season (and beyond) Pause for Self-Care*

A one-day introduction to the Deep River Process
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 21st century America often buries this deeper dimension under the perpetual-motion surface of our days. *Ironically, during the holiday season, when we may especially seek a heightened sense of peace, meaning and connection, we can often feel the most hurried, overwhelmed and disconnected of any time of year.*

This group is about slowing down. Based on Abby’s 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 experiential exercises, discussion, creative expression, humor, and each other, we will explore ways to free ourselves from the tyranny of our “to-do’s,” to rest more in our deeper selves and perhaps even find comfort and joy in the last weeks of the year.

Saturday, December 11 from 9:00 a.m. to 4:30 p.m.

Cost: \$125 early; \$135 regular.

Location: The Women’s Well, West Concord MA

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

FOR FURTHER INFORMATION:

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TO REGISTER: The Women’s Well: www.womenswell.org. 978-371-0469