

The Deep River Within

Taming the To-do List and Finding Depth in Everyday Life

**A day-long workshop for women
led by Abby Seixas, M.Ed.,LMHC**

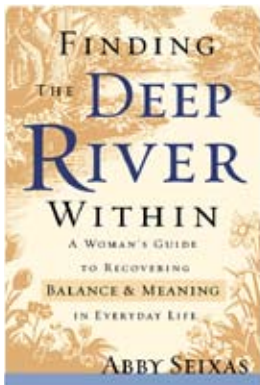
Beneath the busyness of our daily lives flows a deep river of creativity, passion, silence, and, among other things, a place of contact with ourselves and what matters to us. Although 'the deep river' is a powerful source of nurturance, the fragmentation and sheer pace of life in 21st century America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

This workshop is about slowing down. Based on her new book, *Finding the Deep River Within: A Woman's Guide to Recovering Balance and Meaning in Everyday Life*, Abby 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, 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 10, 2007, 9 a.m. to 4:30 p.m.
Ladera UCC Church, Portola Valley, CA.
COST: \$ 110

Abby Seixas, L.M.H.C., M.Ed., is an author and psychotherapist in private practice. Since 1994, her popular "Touching the Deep River"™ groups have helped countless



women reclaim their life-balance and bring more sanity and soul back into daily life. She has appeared on The Today Show, the Hallmark Channel, and on CBS4's Sunday with Liz Walker. Her work has been featured in national and local print media, including O Magazine, Body + Soul magazine, and The Boston Globe. Abby has been in the mental health field for more than twenty-five years and has been a consultant and clinical psychotherapy supervisor



at training centers in the United States, England, the Netherlands and Russia. She is the mother of two grown children and lives with her husband near Boston, Massachusetts.

FOR FURTHER INFORMATION or TO REGISTER:

www.deepriverwithin.com

QUESTIONS: abby@deepriverwithin.com or 781-647-4404

A day-long Deep River facilitator training follows this workshop on 3/11. Please see the other side or www.deepriverwithin.com for more information