



Mind Body Awareness Through Relaxation

July 19, 2009 – Cassadaga, Florida

Facilitator: Don Shetterly (cell: 386-473-4952)

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Breathe by Don Shetterly 2009

Breathe in the good
Breathe out that which you don't need.
Breathe in the energy, the strength,
the sustenance for your life.
Breathe out that which holds you,
constricts you, and binds you.
Breathe
Breathe
Breathe
Life has so much to offer, not so little.
Life is about so much more, not what it doesn't have.
Life is about possibility, hope and what can be.
Life is you, us, we, them and everyone in between.
Life is all of us together connected so intricately.
Breathe
Breathe
Take it all in
And know that all is, just as it is for this moment.

Favorite Songs From The Workshop

[Relaxing Spa Music CD – Don Shetterly](#)

The Fear Poem – Joy Harjo
Flying In Place – Don Shetterly
Meditation Music: Healing Angels – Don Shetterly
Into The Deep – Don Shetterly
First Light – Steven Cravis
Letting Go – Bradley Joseph
One Deep Breath – Bradley Joseph
Ultimate Om – Jonathan Goldman
I Will Survive – Don Shetterly
Path of Awareness – Don Shetterly
Apricot Sunsets & Cinnamon Skies – Steven Cravis

Other Links

www.mindbodythoughts.blogspot.com

www.evolutionaryhealinginstitute.com

The facilitator, Don Shetterly, is a licensed massage therapist (Lic # MA39456) specializing in the mind body connection and healing of trauma, anxiety and chronic daily stress. Past events in his own life led him to a quest of learning how to relax and connect within that helped enable his own healing. Mindful relaxation did not come easy to Don in the beginning, but the more he pursued it, the deeper it became. Relaxation led Don to massage school and then into the healing trauma work through the mind body connection with Dr. Paul Canali of Miami.