



*Presents*

# Living on YOUR Terms: Setting Healthy Boundaries

*Series*

*New posted dates for May/June*

Since November of 2006, I have been fine-tuning a program I piloted at the YWCA of Harrisburg. **Living on Your Terms: Setting Healthy Boundaries** is a unique class series that offers a space for women to gain focus and clarity of goals and desires while they begin to break through mental, physical and emotional obstacles and limiting beliefs. You will gain new perspectives and learn to choose the terms and conditions that free you to make choices that factor “you” into the equation. Your authentic Self is waiting to be heard – Are you ready for a life changing experience?

## Where do we get our boundaries?

We are born into the world with limitless possibilities. Through our experiences we create worldviews and belief systems based on a variety of factors. Our boundaries come from the sum of our experiences. Some boundaries guide our actions more than others.

Childhood  
Friends  
Religious Beliefs

Nationality  
Trauma  
Race

Neighborhood  
Work Environments  
World events

Gender  
Age  
Culture

## All relationships have boundaries.

Your awareness and understanding of your boundaries can give you unlimited space to create and dream, while other boundaries can paralyze and keep you from experiencing life to the fullest. Whether the focus is on an unhealthy relationship to food, an unhealthy individual, a disempowering view of your self-image, drive to be perfect, the pleaser, the “yes” person, the work-a-holic, the superwoman, the worst-case-scenario, the out-of-control over-spender, having an overwhelming state of resentment, anger, frustration, sadness, or running the race to compete with society’s image of the ideal woman, you will learn practices to discern your voice from the gremlins that rob you from feeding your Spirit and calling on your true divine power.

Created for women, this group emergence series offers four weeks to identify personal and professional boundaries. Where do they live inside you? Where did they come from? Where do you limit yourself? What areas of you life are unmanageable? Or too rigid? Where do you lose yourself? Where in your life do you have difficulty taking a step? What patterns seem to show up time and time again? By asking key questions, combined with learning a masterful movement series, participants gain a focus and clarity of goals and desires while they begin to break through mental, physical and emotional obstacles, limiting beliefs, and old stories. Language (verbal) linked with movement (non-verbal) offers faster results that are more genuine, honest and true. This is a life-changing program.

**Testimonials found on [www.fullmotioncoaching.com](http://www.fullmotioncoaching.com)**

**To register email Dana Zamolyi at [dana@fullmotioncoaching.com](mailto:dana@fullmotioncoaching.com)  
or call 717-350-9010**

**Coach/Leader:** Full biography is available at [www.fullmotioncoaching.com](http://www.fullmotioncoaching.com).

Dana Zamolyi, is a certified coach and teacher of Movement Psychology. She is the founder of Full Motion Coaching, an independent practice dedicated to creating a space to usher individuals into a life of awareness, imagination, creativity, purpose, authenticity, curiosity, trust, integrity and courage to know their true identity and power. The practices she calls upon come from a wealth of diverse disciplines that have become the very foundation of her life. Dana's professional experience spans more than 20 years in private industry and government. Her integrated approach draws on emergence coaching, education, training, meaningful and directive conversations, expressive arts, play and movement psychology.

*"Words alone are often not enough. Coaching in the Language of Movement can help clients get unstuck and into new actions, rapidly, effectively, and authentically."* Stuart Heller, Ph.D.

### What you get:

- New language related to movement in using various practices introduced in the opening class
- Deepen self-awareness
- Learning to identify and manage internal and external noise and influences
- Identifying boundaries that keep you in resistance and learning ways to move and choose differently
- Learning ways to overcome mental, physical, and emotional obstacles and limiting beliefs
- Community learning and support
- *Promise Partner* (Journey through the class with a practice partner)
- Personal attention within a small group setting (limited to 6 participants/class)
- 8.5 hours of group emergence coaching

### You will learn the practices associated with the following declarations:

© Stuart Heller, Ph.D.

- I want to be centered and calm. When I speak I want others to experience my quiet power and relaxed attention.
- I want to be centered and calm. When I listen I want others to experience my care and attention.
- I want to be centered in the midst of turmoil. When I speak I want others to experience my balance, flow, and awareness.
- I want "higher" emotional intelligence. When intense feelings arise I want others to experience my inner strength.

### Dates & Times: (The first of the four classes runs an additional 30 minutes)

**MAY** Tuesday, May 20, (skip 27), June 3, 10, 17 (6:00-8:00 PM) - Register by 5/18 Harrisburg Chamber  
Wednesday, May 14, 21, 28, June 4 (7:45-9:45 AM) - Register by 5/12 Carlisle (Bosler Library)

**JUNE:** Monday, June 2, 9, 16, 23 (6:00-8:00 PM) - Register by 5/29 Harrisburg Chamber  
Saturday, June 7, 14, 21, 28 (8:00-10:00 AM)-Register by 6/5 Harrisburg Chamber

**(Call to reserve your seat. Only 6 women per class!)**

### Structure:

**Class size is limited to six women.** Keeping the group small ensures time in each class for participation. This is a four-week series. Classes are two hours each. (With the exception of class #1 running 2.5 hours)

### Location:

**Greater Harrisburg Area.** Watch for classes being offered in surrounding areas as Carlisle and Lancaster. Check the website for updates or call to create a Healthy Boundaries class in your area.

### Cost:

**\$295 is the fee for the 4 weeks.**

\$100 deposit to reserve a seat in your choice of scheduled classes. The balance is paid prior to the first class. Checks payable to **Dana Zamolyi or DZ Coaching**, 530 Susan Way, Harrisburg PA 17109

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For questions please contact Dana Zamolyi at [dana@fullmotioncoaching.com](mailto:dana@fullmotioncoaching.com) call 717.651.1251 or 717-350-9010