

BODY AWARENESS TRAINING AS A FOUNDATION FOR AIKIDO PRACTICE

An Aikido Workshop with
PAUL LINDEN, 6th Dan

This Aikido workshop will focus on how to use body awareness exercises drawn from Being In Movement® mindbody training (www.being-in-movement.com) to improve the efficiency and effectiveness of Aikido defense techniques and deepen Aikido practice as a meditative process. You will work with breath, posture, and intention to develop Aikido technique, which is relaxed, balanced, powerful, loving, and effective. The practice will consist of regular Aikido defense techniques enlivened by awareness exercises. These body awareness methods are equally useful outside of Aikido in such areas as stress management, conflict resolution, and daily movement tasks from using a computer to playing the violin.



“I am astounded at Paul’s ability to read the significance of the smallest body response. I would like to strongly recommend Paul’s workshop on Aikido and bodywork to all Aikidoists. I believe that Being In Movement training is insightful, profound, and deeply healing.”
Mary Heiny Sensei, 6th Dan Aikido

COST: \$50

SCHEDULE: Sunday, July 20, 2008. 10 AM – 12 noon & 2 PM – 5 PM.

LOCATION: Utah Aikikai, 3474 South 2300 East, Salt Lake City, UT. 84109 (801) 272-0707
The dojo is located on 2300 East, 1 block south of Evergreen Ave, on the west side of the street.
For a map, go to www.utahaiki.com/contact.html

Aikidoka who are interested in working with abuse and assault survivors are welcome at the workshop Friday 7/18 on this topic. Aikido practice helps trauma survivors develop strong boundaries and a sense of safety. For more information, phone Jim Struve at 801-364-5700 ext. 1 or go to www.jimstruve.com/workshops.htm

PAUL LINDEN, Ph.D., is the developer of Being In Movement® mindbody training and chief instructor at Aikido of Columbus. He holds a Ph.D. in Physical Education, a sixth dan in Aikido and a first dan in Karate, and he is an instructor of the Feldenkrais Method® of somatic education. He is the author of a number of e-books, among them:

- *Feeling Aikido: Body Awareness Training as a Foundation for Aikido Practice.*
- *Embodied Peacemaking: Body Awareness, Self-Regulation and Conflict Resolution.*
- *Winning is Healing: Body Awareness and Empowerment for Abuse Survivors*