

EMBODYING POWER: For LGBTQ INDIVIDUALS



*Body awareness training for
achieving calmness, inner
strength, and compassion in a
world of discrimination,
rejection, and conflict*

**A Workshop by
Paul Linden, Ph.D.**

**July 19, 2008
Salt Lake City**



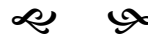
www.utahpridecenter.org • 801-539-8800

We thank the Utah Pride Center for co-sponsoring this workshop. This workshop is part of the Utah Pride Center's *Pride in You* series.

The natural response to intolerance, discrimination, rejection, conflict, and abuse is shock— physical contraction of breathing, posture, and attention. However, this creates numbness and weakness and keeps you in the victim mode.

This workshop will use body awareness exercises from Being In Movement® mindbody training (www.being-in-movement.com) to help you identify and change in yourself the somatic effects of living in an intolerant culture. By learning to open and balance your breathing, muscle tone, and posture, you will develop a state of calm alertness, inner strength and compassion.

Anchoring your awareness in your body core will keep you from being overwhelmed as you confront intolerance and rejection and work toward reclaiming your body and your personal space. The workshop will include practice using the open, balanced body state as a foundation for assertiveness and self-protection.



“Paul is a great teacher who is able to translate the empowerment I work to achieve with my clients verbally, emotionally and with metaphor into an actual felt body experience of awareness, self-protection and personal power.” Howard Fradkin, Ph.D. Psychologist. Affirmations Center for Psychotherapy and Growth.

“Paul's work is on the cutting edge of somatic education. In a very open and loving manner, he combines structural-functional body education with awareness training to create an effective path of healing and empowerment.” Richard Eshelman, Certified Hanna Somatic Educator

“Paul is truly a master at teaching others how to embody and harmoniously experience their own power and compassion. The depth, clarity, and wisdom of his work are a rare find. The depth of the experience I had in Paul's workshop was simply too extraordinary for me to convey in words – the kind of thing one has to experience for oneself.” Patty Shepard, Clinical Social Worker

FOR MORE INFORMATION on Paul Linden's method of body work and his books, go to his website www.being-in-movement.com

PAUL LINDEN, Ph.D. is a specialist in body awareness education, the developer of Being In Movement® mindbody training, and co-founder of the Columbus Center for Movement Studies in Columbus, Ohio. He holds a Ph.D. in Physical Education, a sixth degree black belt in Aikido and a first degree black belt in Karate, and he is an instructor of the Feldenkrais Method® of somatic education. He has extensive experience teaching people such as musicians, athletes, computer users, pregnant women, adult survivors of child abuse, and children with attention disorders. He is the author of a number of e-books, downloadable from his website:



- *Winning is Healing: Body Awareness and Empowerment for Abuse Survivors*
- *Embodied Peacemaking: Body Awareness, Self-Regulation and Conflict Resolution*
- *Teaching Children Embodied Peacemaking*
- *Feeling Aikido: Body Awareness Training as a Foundation for Aikido Practice*
- *Comfort at Your Computer: Body Awareness Training for Pain-Free Computer Use*



SCHEDULE: Saturday, July 19, 2008. 9 AM - 5 PM

BRING: A bath towel for use in movement and balance exercises.

PERFUMES: Out of consideration for people with chemical allergies, please come scent free: no perfume or scented hair spray, deodorant, etc.

COST: \$45, includes box lunch. Please make the check payable to Paul Linden, PhD

LOCATION: Utah Aikido Dojo, 3474 South 2300 East, Salt Lake City, UT. 84109. 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

REGISTRATION form is on the next page, and also available at www.jimstruve.com/workshops.htm or by contacting Jim Struve at 801-364-5700, Ext. 1.

Registrations must be received no later than July 15th.
No same day registrations will be available.
Register early—space is limited.

FOR MORE INFORMATION ON THE WORKSHOP:

Contact Jim Struve
801-364-5700, Ext. 1
www.jimstruve.com/workshops.htm

TWO OTHER WORKSHOPS: Flyers for two other workshop sessions that Paul will be conducting in Salt Lake City during his July visit are also available to read and download at this web address.

**EMBODYING POWER for LGBTQ INDIVIDUALS
July 19, 2008. Salt Lake City.**

REGISTRATION FORM

Download and fill out this form. Send it with a check for full payment
to the postal address below

**Registrations must be received by July 15, 2008
No registration available on day of the workshop
Register early — space is limited.**

Name:

Address: City / State / Zip:

Phone – Day: _____ Eve: _____ Cell: _____

E-Mail: _____

_____ \$45 Fee enclosed with this registration (includes registration & box lunch)
Check payable to “Paul Linden” - Due by July 15, 2008

Box Lunch Preference (check one): _____ Turkey _____ Hummus

Return this completed registration form with check or money order to:

Jim Struve
1399 South 700 East, Suite #2
Salt Lake City, UT. 84105

For questions or more information, contact Jim at 801-364-5700, Ext. 1 or
jimstruve@mac.com