



# Body Awareness Training for Conflict Resolution and Trauma Recovery

with Paul Linden, PhD, 6th Dan Instructor

June 17, 2016 - at Aikido in Fredericksburg

A workshop for Aikidoists, martial artists, psychotherapists, massage therapists, counselors, peace activists, mediators, and others interested in body processes.

**Conflict, trauma, and injustice** are commonly approached as psychological, emotional, spiritual, political, cultural, or historical in nature. However, our bodily responses are crucial and often ignored.

When we are threatened or hurt, we often react with contraction or collapse of breathing, posture, and attention. These distress responses can give rise to fear, anger, shock, resignation, or numbness and result in oppositional and violent behavior. Trauma results when the distress responses get stuck in the body.

*“Love without power is ineffective. Power without love is brutality”*

**In this “Aiki Somatics” workshop**, we will learn how to work with intention, muscle tone, posture, breathing, and movement to develop a mind/body state of calm alertness and compassionate power. These body awareness skills facilitate maintaining a peaceful body and mind during conflicts, which will provide a foundation for resolving conflicts in harmonious and productive ways and for improving the way you handle stress, conflict, and trauma.

The same techniques can be used to help trauma survivors break the chains that bind them to past pain and powerlessness. By doing that, they should be able to live more safely and comfortably in the present.

**17 June 2017**

**9 AM – 5:30 PM**

at [Aikido in Fredericksburg](#)

6155 Hickory Ridge Rd

Spotsylvania, VA 22551 USA

1-540-582-9600

[aviv@aikidoinn.com](mailto:aviv@aikidoinn.com)



**PAUL LINDEN, PhD** is a specialist in body awareness education, the developer of *Being In Movement*<sup>®</sup> mindbody training, and founder of the Columbus Center for Movement Studies. He holds a Ph.D. in Physical Education, a sixth degree black belt in Aikido, a black belt in Karate, and he is an instructor of the *Feldenkrais Method*<sup>®</sup> of somatic education. He has extensive experience teaching people such as athletes, adult survivors of child abuse, and business leaders.

*Private Sessions are available the following day for people desiring more intensive personal work*

# Aikido in Fredericksburg

## Paul Linden 2017 Seminar – Application/Waiver

### Non-Refundable Fee Must Accompany Registration

(please make \$79 check payable to Aikido in Fredericksburg and mail to 6155 Hickory Ridge Road, Spotsylvania, VA 22551 before 1 June, or bring \$99 to the event if space is still available. If you prefer to register online, [click here](#))

Name \_\_\_\_\_ Contact Telephone \_\_\_\_\_

Address \_\_\_\_\_ City, State \_\_\_\_\_

Zip \_\_\_\_\_ Aikido Rank \_\_\_\_\_

Home Dojo \_\_\_\_\_ Email Address \_\_\_\_\_

How did you learn about the Seminar? \_\_\_\_\_

Do you have any health limitations that would affect your ability to practice Aikido?

\_\_\_\_\_

My main goal for the seminar is:

\_\_\_\_\_

Contact Person and Phone in Case of Emergency:

\_\_\_\_\_

Amount Enclosed (\$79 seminar fee before 6/1/17, \$99 thereafter (space available basis) \_\_\_\_\_

Do you need assistance with overnight accommodations or local transport? \_\_\_\_\_

### READ THE FOLLOWING CAREFULLY - IT LIMITS OUR LIABILITY

I, the undersigned guest of AIKIDO IN FREDERICKSBURG (hereafter called "School"), acknowledge that I am applying for instruction in a martial art involving strenuous exercise and personal body contact. I acknowledge that any insurance that the School may carry may not cover injury to its students. As a condition to being admitted to the seminar and related events, I assume the risk of all injury and *do hereby hold the School, its instructors, employees, volunteers, lessors, and agents, and Paul Linden harmless from any and all liability* (including attorney's fees and costs) for all claims, actions, or damages due to injuries suffered by me or caused to third parties by me, arising out of activities involving Aikido, any variation thereof, or associated therewith, whether occurring on the premises of the School or elsewhere.

I agree that the health, welfare, and safety of students, members, and instructors of the School are of paramount importance. I certify that there is no medical reason to preclude me from training. I certify that, other than as stated above, I do not have a communicable, contagious, or other health condition that poses a medically-recognized or dangerous risk of harm to other students, members, or instructors of the School.

I agree to abide by the rules of the School and to follow instructions given by instructors. I understand that (a) training is a privilege, (b) the School may refuse to provide instruction or membership to any person at any time, and (c) fees paid are not refundable. I agree to receive communications as appropriate at the above addresses from School. I agree that the School may use any photos or recordings or other images of me taken at the seminar.

Date \_\_\_\_\_

Signature \_\_\_\_\_

*If student is under eighteen (18) years of age, parent or guardian must also sign here.*

I, the undersigned, as parent or guardian of the above applicant, certify that I have read the above application and I consent to the applicant's receiving the instruction applied for and I agree to the provisions of the contract for myself and said applicant.

Date \_\_\_\_\_

Signature \_\_\_\_\_