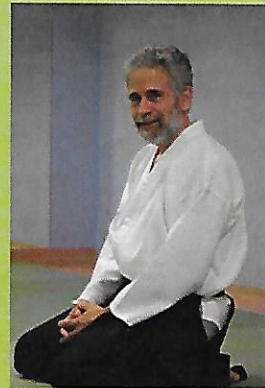


STABLE BODY, BALANCED MIND: Embodied Peacemaking Workshops with Paul Linden, Ph.D. April 22-23, 2017

“Love without power is ineffective.
Power without love is brutality.”
-Paul Linden



When we are challenged, threatened or hurt, we naturally react with fight/flight/freeze/collapse. These distress responses are the physical sources of feelings such as fear, anger, shock, resignation, and numbness. They hijack the rational mind and the compassionate heart.

There is a better way.

Paul Linden, a specialist in body awareness education, has taught Embodied Peacemaking in Ecuador, Argentina, Great Britain, France, Belgium, Poland, Germany and Israel. Based on 48 years experience teaching and practicing aikido (a non-violent martial art), Paul has developed simple, rapid methods of replacing the distress responses with a mind/body state of expansiveness, calm alertness and compassionate power. These methods enable us to maintain a peaceful and stable body and mind, which provides a foundation for finding harmonious and productive ways of handling difficulties.

Paul's workshops are open to anyone who wishes to manage conflict (including inner conflict) more peacefully or who teaches others to do so. The skills are particularly appropriate for educators, parents, business people, lawyers, peace activists, psychotherapists, yoga/bodywork practitioners, somatic educators and martial artists.

Schedule & location:

Saturday, April 22, 9am-12pm, 1-5pm at Mindful Yoga Collective

Sunday, April 23, 9-11am, 1-5pm at Aikido Mountain West and Mindful Yoga Collective

PLUS: Friday, April 21, 6-7:30pm Donation-Based Aikido Class at Aikido Mountain West

Details and registration:

www.danalevyoga.com/workshops-with-paul-linden/