Embodied Peacemaking
Body Awareness Training for Conflict Resolution

A workshop with Paul Linden, Ph.D.

Saturday, 10-11:45 am
March 12, 2005
University of Chicago Aikido Club Dojo
Henry Crown Field House
5550 S. University Avenue, Chicago

Suggested donation: $25

Though peacefulness is usually thought of as a psychological or spiritual state, this workshop approaches peacefulness as a body state. Without a way to overcome the body’s fight-or-flight physiological arousal, people in conflict will be stuck in an enemy mode of feeling, thinking, and acting. This workshop will show you how to work with breathing, muscle tone, posture, and movement to develop an integrated mind/body state of power, love and peacefulness. By maintaining a peaceful body during conflicts, you will have a foundation for resolving conflicts in productive ways.

Although some of these exercises are based on the practice of aikido, the workshop does not presuppose or require any prior knowledge of aikido.

About Paul Linden
Paul Linden is a specialist in body and movement awareness education, and his work focuses on the interplay between self-exploration and effective action. He is co-founder of the Columbus Center for Movement Studies, and his work covers such specific topics as stress management, postural efficiency, performance enhancement, assertiveness, and conflict resolution. An instructor of the Feldenkrais Method® of body awareness education, he holds a fifth-degree black belt in Aikido as well as a first-degree black belt in Karate. He is the developer of Being In Movement® mindbody training, the inventor of SpineLine® Bicycle Handlebars and the author of Comfort at Your Computer: Body Awareness Training for Pain-Free Computer Use and Winning is Healing: Body Awareness and Empowerment for Abuse Survivors.

Embodied Peacemaking is a part of Aikido as an Art of Peace Seminar
a benefit to raise funds for the Training Across Borders seminar in Nicosia Cyprus, April 13-17, 2005 bringing together dozens of Arab, Israeli, Jewish, Greek, Turk, Croatian, Serb, Bosnian Muslim, and North & South Cypriot aikidoka. For more information, visit:
aikido.uchicago.edu  www.being-in-movement.com  www.aiki-extensions.org