THE UNIVERSITY OF CHICAGO AIKIDO CLUB
AIKIDO AS AN ART OF PEACE
Season for Nonviolence 2005 honoring the 50th and 30th memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr.

PAUL LINDEN
godan, USAF Eastern Region

KEITH MOORE
godan, USAF, Western Region

DONALD LEVINE
sandan, Aikido Schools of Ueshiba

“A Way to Reconcile the World.”

March 11-12, 2005
U of C AIKIDO CLUB DOJO
Henry Crown Field House
5550 S. University Avenue, Chicago

SCHEDULE:
Friday 7:30-7:45 pm  Introduction (Levine sensei)
7:45-9:15 pm  Keiko–Degrees of Nonviolence (Moore sensei)
Saturday 10-11:45 am  Workshop–Embodied Peacemaking: Body Awareness Training for Conflict Resolution* (Linden sensei)
1:30-2:20 pm  Keiko–Musubi and Violence (Levine sensei)
2:30-4:30 pm  Keiko–Steps to Embodied Peace (Linden sensei)

A benefit seminar to raise funds for the Training Across Borders seminar
Nicosia, Cyprus, April 13-17, 2005
Bringing together dozens of Arab, Israeli Jewish, Greek, Turk, Croatian, Serb, Bosnian Muslim, and North & South Cypriot aikidoka

Suggested donation: $50.00 (Students or half-day $25.00)

For further information, visit the websites:
http://aikido.uchicago.edu/
http://www.being-in-movement.com/
http://www.agnt.org

* This workshop is open to non-Aikidoists and uses simple Aiki-based body awareness exercises. 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.