

# **AIKI-Based Body Awareness Training for TRAUMA WORK & PEACEMAKING**

WITH PAUL LINDEN, 6th Degree Aikido Black Belt  
Columbus, Ohio USA

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Co-sponsored by  
Aiki-Extensions and Male Survivor

Conflict and trauma are commonly approached as mental, emotional, spiritual, political, cultural and historical in nature. However, the body's responses are crucial and often ignored. In this workshop, you will experience that trauma recovery and peacemaking are functionally identical in the body. You will learn body awareness tools for improving the way you handle stress, conflict, or trauma. These tools will also improve aikido, or any other activity.

In this workshop you will learn tools for

## HEALING FROM (SEXUAL) ABUSE

Teaching abuse survivors to live from a place of kindness and power, which allows them to cut the chains that bind them to their traumatic experiences.

## CONFLICT RESOLUTION AND PEACEMAKING

Teaching disputants how to regulate the body in order to give them the opportunity to choose peaceful, constructive ways of responding to conflicts.

## AIKIDO

Body awareness training, which improves the execution of aikido defense techniques and deepens aikido as a process of personal growth

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