

BEING IN MOVEMENT® MINDBODY TRAINING

Through body and movement awareness training you can develop an integrated mind/body state as a foundation for effective action.

When we feel uncomfortable, challenged, or threatened, our natural tendency is to tighten our bodies, constrict our attention, and distance ourselves from ourselves and the world around us. However, that response creates unnecessary strain and fatigue, interferes with free, effective action, and perpetuates feelings of powerlessness and inability.

By learning how to open and balance your breathing, muscles, posture, and energy, you can develop a physical and mental state of relaxation, alertness, power, and love. This state of mind-body integrity is the key to handling any of life's challenges effectively.

BIM focuses on such themes as:

Relaxation: Comfort and ease in breathing, posture, and movement. Centered ways of dealing with pain and stress.

Personal growth: Learning to sense the body foundations of emotional and spiritual states. Moving toward a way of living based on awareness, power, and love.

Task improvement: Efficient, injury free, confident functioning in areas such as music, sports, computer use, pregnancy, or daily life activities.

Trauma work: Reclaiming the body after physical or sexual abuse, surgery, injuries, or other overwhelming events.

Conflict resolution and assertiveness: Creating a body state of non-violence, confidence, and strong boundaries.

PAUL LINDEN, Ph.D.



is a specialist in body awareness education, the developer of Being In Movement® mindbody training, and co-founder of the

Columbus Center for Movement Studies. He holds a Ph.D. in Physical Education, a sixth degree black belt in Aikido and a first degree black belt in Karate, and he is an instructor of the Feldenkrais Method® of somatic education. He has extensive experience teaching people such as musicians, athletes, pregnant women, adult survivors of child abuse, children with attention disorders, and business persons. He is the author of:

- *Comfort at Your Computer*
- *Winning is Healing: Body Awareness and Empowerment for Abuse Survivors*
- *Embodied Peacemaking: Body Awareness, Self-Regulation and Conflict Resolution*

“Paul starts with questions. These usually lead into a ‘try this’ action. The actions lead to introspection. By working on my awareness of a movement, I find I *can* change how I use my energy/body. Awesome stuff.” Jack.

“Since I started studying with Paul, I’ve learned how to sit at my computer, turn to read at my desk, think clearly, stand and walk – and all without pain.” Helen.

“With only a few sessions, Paul helped me release deep, involuntary tensions that I had been carrying for 50 years and introduced me to a larger self understanding. Paul uses gentle movement and light touch to focus and re-intention your muscles. While Paul’s teaching acts on movement, body awareness, and posture (the physical plane), the effects of his interaction radiate directly to one’s mental/emotional/spiritual being.” Tom.

FOR MORE INFORMATION

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www.being-in-movement.com

SCHEDULING

Private sessions are scheduled by appointment.

Payment is by cash or check at the time of the lesson, on a sliding scale from \$65 to \$85 per 50 minute session.

Workshops, talks, or small group classes can be custom designed on a variety of topics.

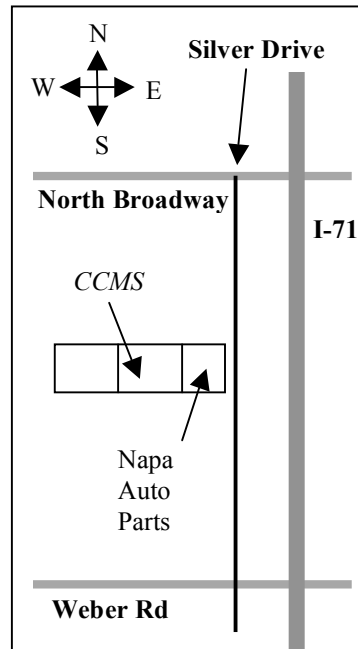
LOCATION

Columbus Center for
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www.being-in-movement.com

In Clintonville, by I-71 and North
Broadway. On Silver Drive, which
runs alongside of I-71.



BEING IN MOVEMENT® MINDBODY TRAINING

Relaxation, Balance,
Power, Compassion &
Effectiveness

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