

EMBODIED PEACEMAKING: Body Awareness Training for Conflict Resolution

Conflict and conflict resolution are usually approached as mental, emotional, spiritual, political, and cultural in nature. However, there is one element in conflict that is always present and usually ignored—the body.

The body's natural response to conflict is contraction of breathing, posture and attention. This contraction usually takes the form of fear, anger or dissociation. These powerful physical response patterns undermine your ability to think rationally, interact empathetically, and act peacefully. Beyond that, when your body is in fight-or-flight arousal, your non-verbal signals will elicit the same physical responses in your opponent. In other words, fear and anger are contagious, and they perpetuate and escalate conflict.

What is needed is a way to interrupt contraction and replace it with a mind/body state of expansiveness and peacefulness. Through body and movement awareness exercises from Being In Movement® mindbody training, you will learn how to work with muscle tone, posture, breathing and movement to develop an integrated mind/body

state of calmness, alertness, compassion, and power. These body awareness skills will enable you to maintain a peaceful body and mind during conflicts, which will provide a foundation for resolving conflicts in harmonious and productive ways.

This process of embodied peacefulness will benefit anyone interested in conflict resolution and peacemaking, including community activists, mediators, lawyers, clergy, psychotherapists, somatic educators, parents, and teachers. In addition to learning how to access the state of somatic peace yourself, you will learn skills which you can teach to others to help them achieve more life-affirming ways of handling conflict.

“Paul's work is on the cutting edge of somatic education. In a very open and loving manner, he combines structural-functional body education with awareness training to create an effective path of healing and empowerment.” Richard Eshelman, Certified Hanna Somatic Educator

“Paul is truly a master at teaching others how to embody and harmoniously experience their own power and compassion. The depth, clarity, and wisdom of his work are a rare find. The depth of the experience I had in Paul's workshop was simply too extraordinary for me to convey in words – the kind of thing one has to experience for oneself.” Patty Shepard, Clinical Social Worker

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 Move-



ment 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, computer users, pregnant women, adult survivors of child abuse, and children with attention disorders. He is the author of a number of books, among which are:

- *Winning is Healing: Body Awareness and Empowerment for Abuse Survivors*
- *Embodied Peacemaking: Body Awareness, Self-Regulation and Conflict Resolution*
- *Reach Out: Body Awareness Training for Peacemaking—Five Easy Lessons*
- *Teaching Children Embodied Peacemaking: Body Awareness, Self-Regulation and Conflict Resolution*

FOR MORE INFORMATION

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SCHEDULING PRIVATE SESSIONS

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.

PRESENTATIONS FOR GROUPS

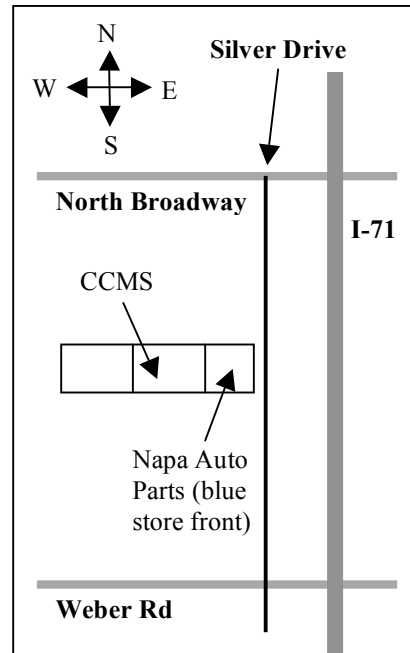
Workshops, talks, or classes can be custom designed for groups.

LOCATION

Columbus Center for
Movement Studies
3003 Silver Drive,
Columbus, OH 43224

(614) 262-3355 or 263-1111.
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www.being-in-movement.com



In Clintonville, by I-71 and North Broadway. On Silver Drive, which runs along the west side of I-71. In the same building as NAPA Auto Parts.

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