

Finding Solutions to Conflicts & Bullying

There is one element in conflict and bullying that is always present and usually not dealt with effectively: the body. Stress, challenges or shocks evoke physiological responses in the form of fear, anger, or dissociation. Think fight/flight/freeze/collapse. These powerful physiological patterns constrain people to think and act in awkward, antagonistic ways. They decrease confidence and empathy. And they interfere with creative problem solving.

BODY AWARENESS TRAINING, in private sessions, teaches people how to recognize the physiological distress response and replace it with a body state of relaxed alertness and stability. This physiological state is an antidote to fight-or-flight arousal. This body state creates an awareness of and concern for the effects of one's actions on the well-being of others. It enables people to think flexibly and act peacefully and assertively.

AIKIDO TRAINING, in private sessions or group classes, is another way of reducing the distress response and enabling peace-oriented choices.

Aikido is a non-violent Japanese martial art, and it is based on going along with the power of the attack to control the attack without injuring another human being. The core of Aikido lies in learning to respond to attacks in a physical state of relaxation and balance and a mental state of calm alertness and compassionate power. Aikido offers a context in which to learn and practice body awareness skills for responding peacefully, creatively, and effectively to threats, attacks, or bullying.

3 E-BOOKS by Paul Linden

on body awareness and conflict are available on the website. The books give step-by-step instructions for teaching body awareness as a foundation for conflict resolution.

www.being-in-movement.com

- *Embodied Peacemaking: Body Awareness, Self-Regulation, and Conflict Resolution*
- *Teaching Children Embodied Peacemaking: Body Awareness, Self-Regulation, and Conflict Resolution*
- *Reach Out: Body Awareness Training for Peacemaking – Five Easy Lessons* (A free download. Available in English, German, Spanish & Portuguese.)

PAUL LINDEN

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, survivors of child abuse, children with attention disorders, and business persons.

Paul is the author of a number of other books, among which are:

- *Comfort at Your Computer: Body Awareness Training for Pain-Free Computer Use*
- *Winning is Healing: Body Awareness and Empowerment for Abuse Survivors*
- *Feeling Aikido: Body Awareness Training as a Foundation for Aikido Practice*
- *Breakfast Essays: Brief Writings on Body Awareness and Life*

**FOR MORE
INFORMATION**

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

SCHEDULING

Private sessions are scheduled by appointment. Please call 614-262-3355 or 263-1111.

Classes and workshops for groups of children and/or adults can be scheduled by request, either at CCMS or at your venue.

Aikido classes at CCMS:

Adults:

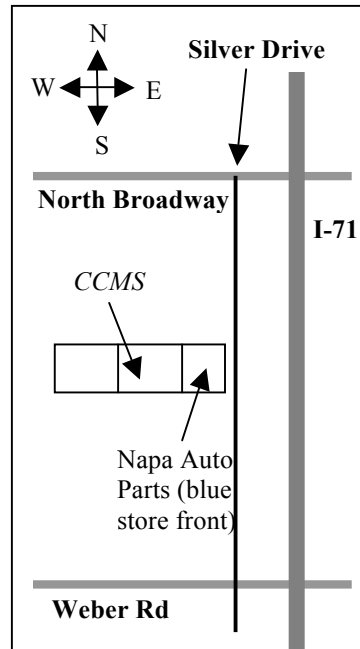
Evenings -- Mon, Tues, Th, Fri,
7-8:30 pm.
(Monday no throwing class)
Mornings -- Tues 9-10:30 am,
Sat 10 -11:30 am.

Children: Ages 7 & up:
Tues 5-6 pm, Sat 9-10 am.

LOCATION

Aikido of Columbus &
Columbus Center for
Movement Studies
3003 Silver Drive,
Columbus, OH 43224

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



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