



Katsujinken Aikido Dojo

www.prescottaikido.org

928-499-8210

Aikido Laboratory 2016

Explore! Experiment! Grow!

Katsujinken Dojo's Aikido Laboratory series, held monthly on Saturdays, will offer in-depth & innovative explorations of "The Art of Joining With the Universe," from building basics to diving deep; from martial focus to applications in daily life.

What & When:

Saturday, October 29, 10 a.m. To 1 p.m. (with a tea break)

Sharon Seymour Sensei, 4th Dan, Chief instructor of Katsujinken Dojo

Speaking Aikido: An Introduction to Compassionate Communication

In 2009, I began studying Marshall Rosenberg's practice of Nonviolent Communication (NVC). I had noticed myself, on the mat, speaking and thinking in ways that did not reflect the commitment to peace that O Sensei asks of us. NVC is "spoken Aikido." It has become a vital part of my Aikido training, and I look forward to sharing it with you. I am confident you will find that NVC principles can support and inform your training. At nvctraining.com, click on About NVC to learn more. Wear comfortable clothes – we won't dress out in uniform.

Where:

Katsujinken Dojo, 1134 W. Haining Street, Prescott AZ

The dojo is located behind Iron Springs Plaza, just off Iron Springs Road. Haining Street is the side street leading into the parking lot & the dojo is in the building behind – pass the parking lot and take the next driveway behind the laundromat. Look for the Aikido sign on the fence.

Cost:

Requested contribution: \$10 - \$40, sliding scale.

Contributing at the highest level your financial situation allows helps us offer this series to all who wish to attend.

Aikido Laboratory will resume in Spring, 2017

Thanks to all who have supported this series in its first year. I have learned and found inspiration, enjoyed making a contribution to my fellow students' training, and had fun getting to know folks.

I would greatly enjoy hearing from you about subjects, techniques or principles of Aikido that you are curious about, or want to learn more about. I like to dig in deeply, and to connect our practice to larger ideas. Contact me at 928-499-8210, or at skseymour@gmail.com.
