



# The Confluence of Aikido and Counseling

## An Experiential Workshop

*(Gentle, non-falling activities that are meant for everyone.)*

Sunday, September 15, 2019

1:00-3:30 pm ~ Free

306 Mission Street, Santa Cruz

*Aikido training is a way of taking off the layers that cover up what is inside. If each of us could shed those layers, we would all shine with the same light.*

~ Motomichi Anno Sensei

**Enjoy an afternoon** of discussion and gentle physical practices, exploring common principles of counseling and Aikido. Experience the art of peace, partnership, and transformation.

- Centering and increasing presence
- Broadening inclusive awareness
- Developing positive engagement
- Understanding and working with resistance

**This day is intended for** Counselors, Psychotherapists, Social Workers, Mental Health Professionals, and those in training.

**Schedule for the day:** 12:30-1:00~Arrival/Registration; 1:00-3:30~Workshop; 3:30-4:00~Chat, Snack, Get more information about Aikido training.

**Registration & Information:** We appreciate advanced registration. Just email us your name and put Workshop in the subject: [info@aikidosantacruz.org](mailto:info@aikidosantacruz.org). Come on the day, either way. Wear comfortable clothing as we will be moving and sitting on the dojo mats (chairs available).



**Linda Holiday** is the Executive Director and Chief Instructor of Aikido of Santa Cruz. A sixth degree black belt, she has been practicing and teaching Aikido as an art of peace and transformation for over 40 years. She is the author of the book, *Journey to the Heart of Aikido*, and teaches seminars nationally and internationally. <http://aikidosantacruz.org/instructors2.html>

**Bob Gallo**, LCSW, BCD is a psychotherapist, clinical supervisor, and consultant. His teaching focuses on conceptualizing the therapeutic process, integrating theory and practice, and utilizing countertransference. Bob also has a black belt in aikido and considers the art to be an integral part of his work.



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