

Strength and Peace at the Center of the Storm

Uncovering The Hidden Gifts of Trauma

Washington, D.C. July 23, 24, 25

Most every person at some point in their life is "tested" by severe challenges—The untimely death of a loved one, physical or sexual abuse, the collapse of a business, an unexpected diagnosis of a life threatening disease.

In this workshop we will uncover the hidden gifts that such traumatic events hold for us. We will discover the strength and peace to be found at the center of the storm.

You will benefit, if

- You are on a quest for personal development, self knowledge, and a better understanding of your emotional life.
- You are a therapist, coach, social worker, physical therapist, or body worker, wanting to add to your current skills in helping those with emotional and physical trauma.

You will learn how to:

- Release excess physical and emotional energy and experience strength, peace, and vital health.
- Tap into and benefit from the power and blessings inherent in the "big energy" of traumatic events.
- Identify and shift the somatic underpinnings of anxiety, chronic poor health, and debilitating habits.
- Rediscover a joy for living, which arises when you realize you can change your future, and live life with a greater sense of dignity and personal power.

The Presenters

Charlie Badenhop is the originator of Seishindo, a fourth degree black belt and licensed instructor of Aikido in Japan, a certified trainer in NLP and Ericksonian Hypnosis, and a long term practitioner of the Japanese healing art of sei tai, and Self-relations therapy. He has been living, working, and studying in Japan for the last nineteen years.

Charlie's workshops are known for their magic, depth of experience, and celebration of life. He weaves together theory, poetry, music, movement, practical applications, and a clear encounter of reconnecting to one's core identity. You are invited to enter into an austere theater of everyday life. Please come and savour in a supportive community, the reintegration of your thoughts and feelings - A heartfelt experience beyond words.

Dorothy Pietracatella has had a successful professional career in opera and is highly skilled in various forms of bodywork, and Mindbody disciplines. She also has specialized training in Somatic Experiencing and other trauma work. She adds a rich perspective to the Seishindo process, and offers a wonderful supportive energy to the work.

Tuition

Tuition for this three-day program is \$570 if made PRIOR TO July 9, 2004.
Payment made after the 9th or at the door, is \$650.

Further Details

If you'd like to learn more about Seishindo and Charlie Badenhop, please visit the Seishindo site. There is a wealth of information. <http://www.seishindo.org>.

If you want details as to seminar location, method of payment, etc. or if you would like to talk to someone and get a better sense of the workshop, please contact *Sandy Morris* - Tel: 703-707-9277. Email: Msmuse2004@aol.com. Or, you can also contact Charlie via email: charlie@seishindo.org.