

## Seishindo Life Coaching Workshop in San Diego, CA

### Use Eastern Wisdom to transform your life, and thrive in the Western World

July 12- 13, 2004

As an individual wanting more from your life, or a trained professional wanting to add to your current professional skills you will learn how to:

- Identify and shift limiting beliefs, and debilitating habits.
- Live and work from a place of heartfelt power and mental clarity.
- Perform Aikido exercises to cultivate a compassionate, centered self.
- Utilize Aikido principles to develop a sense of vital health and well being.
- Change the way you think and feel, by changing the way you use your body.
- Use the Japanese art of "sei tai" to release stress, muscle tension, and chronic pain.
- Interact effectively with clients, children, and significant others, who seem intractable.
- Pass along the skills you learn to your clients, colleagues, friends, and family members.

The discipline of Seishindo created by **Charlie Badenhop** merges Oriental philosophy with Western science. It can be extremely valuable for therapists, coaches, other health professionals, and individuals seeking greater intimacy, relationship skills, and personal development.

**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.

#### Workshop Details

This workshop is sponsored by Stephen Gilligan, and is part of his Trance Camp series held ever summer. To find out more about Trance Camp in general go to: <http://www.StephenGilligan.com>.

#### Hotel Information

This workshop will be held at the Quails Inn Hotel in San Marcos, CA. Located about 30 minutes north of San Diego, it is a beautiful small resort set on a small lake, with swimming pools, tennis courts, boating, and other recreational activities. For further information, see the website at [www.QuailsInn.com](http://www.QuailsInn.com). We have secured special room rates for workshop participants at the hotel: - \$99 nightly for Standard, Deluxe Standard, or Executive Rooms - \$129 for MiniSuite or Lakefront Rooms.

If you would like us to hook you up with a roommate, contact Stephen's office directly via email, at [Selfrelate@aol.com](mailto:Selfrelate@aol.com). Otherwise, for making reservations on your own, contact the hotel directly at (760-744-0120) and ask for reservations for the "Gilligan seminar."

#### Transportation

Both hotels are located about minutes north from the San Diego Airport, 10 minutes from the Palomar Airport, and 2 hours south from the Los Angeles Airport. You could take a shuttle from the airport or rent a car for transportation. No Public transportation is convenient.

#### Tuition

\$395, \$200 deposit

#### Cancellation policy

Cancellations made before July 1 will be refunded minus a \$50 fee. No refunds after July 1.

Make checks payable to "Stephen Gilligan, Ph.D.," or

Credit card (type of card): \_\_\_\_\_

Card number: \_\_\_\_\_

Exp date: \_\_\_\_\_

Signature: \_\_\_\_\_

Send To: Stephen Gilligan, Ph.D. 1504 Crest Drive Encinitas, CA 92024

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