

A three-day workshop with Charlie Badenhop and Dorothy Pietracatella  
Washington, D.C. Nov. 4, 5, 6, 2005; 9:30am-5:30pm

## EMBODIED WISDOM

### *The Truth of Who You Really Are*

Do you have moments in your life of great clarity and calmness, only to slip back into feeling anxious and uncertain? Do you know what it's like to feel fully alive and integrally connected to life, but sometimes you can't find your way back to that space for quite some time?

The purpose of this workshop is to help you rediscover the unity of experiencing yourself as one with the universe. To live the truth of who you really are.

Sound like a "tall order"? Perhaps it is, but when all is said and done, can you think of any other truth you would care to embrace?

*"The fetus growing in its mother's belly, experiences no boundary between self and 'other', no boundary between itself and the world. Via the umbilical chord, it is integrally connected to life-its mother, and is fully nourished and sustained. Physically, the fetus is at one with its mother's body, and through this unity it experiences itself as at one with the universe in eternity." Paraphrased from "Wisdom of the Body Moving" by Linda Hartley; pgs. 14-15*

In this workshop you will be led to experience the following:

- Lacking nothing, you are already complete.
- You are a "part" of life, and integrally connected to the whole of life.
- It is your weaknesses and imperfections that make you perfect.
- You are a unique and cherished manifestation of life, never to be duplicated.

During the course of this workshop we will weave together theory, poetry, music, movement, practical applications, and a clear encounter of reconnecting to your core identity.

This workshop will draw on the teachings of Aikido, the Japanese healing arts of "Sei Tai" and "Seiki Jutsu", Ericksonian Hypnosis, NLP, and the Practices of various mindfulness disciplines.

### The Presenters: Charlie Badenhop and Dorothy Pietracatella

**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 time student of the Japanese healing art of sei tai, Self-relations therapy, Gestalt therapy, and Structural Integration. He has been living, working, and studying in Japan for the last twenty years.

### **Dorothy Pietracatella**

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 payment is made no later than October 20, 2005. After this date, tuition is \$650.

### Location

Courtyard Herndon Reston, 533 Herndon Parkway  
Herndon, VA 20170. Phone: 1 703-478-9400

### Further Details

If you want further details as to registration, method of payment, etc. please contact Lisa Kimball at [lisa@groupjazz.com](mailto:lisa@groupjazz.com) or phone her 202-686-4848. If you would like to get a better sense of what the workshop will be like, contact Dorothy at: [dcphealing@si.rr.com](mailto:dcphealing@si.rr.com) or Charlie at: [charlie@seishindo.org](mailto:charlie@seishindo.org).