



# Embodying Power and love

with Paul Linden

## May 25-28, 2017

## Embodying Power and Love

Body awareness and self-regulation for effective living  
A workshop with Paul Linden, PhD (USA)

When we face challenges, we usually contract or collapse our attention, breathing, posture and movement. That is the distress response, and we can experience it as fear, anger, anxiety, numbness or helplessness. The distress response hijacks the rational mind and compassionate heart. And moves our thinking and acting toward stiff, unbalanced and oppositional ways of dealing with the problems we face. There is a better option...

We can replace contraction and collapse with a mind/body state of expansiveness and awareness. Through exercises from Being In Movement® mindbody education (BIM), we learn how to work with intentionality, posture, breathing and movement to develop a state of calm alertness and compassionate power. This enables us to maintain a peaceful body and mind as a foundation for developing harmonious and constructive ways of dealing with your difficulties.

Paul developed **BIM** as a very accessible and hands-on approach to working with body and movement awareness that can be applied to topics such as stress management, conflict resolution and trauma recovery. His work is open to novices and experienced movers; to those who take a personal interest and those who have a professional interest.

Love without power is ineffective.  
Power without love is brutality.

### WORKSHOP

Paul's workshop has two parts that can be taken separately.

**Module I Foundations** May 25-26, 2017  
**Module II Applications** May 27-28, 2017

### WHERE

Amsterdam, location to be announced

### PRICE

4-day workshop € 330 / €290 **EARLY BIRD**  
2-day workshop €170 / €150 **EARLY BIRD**

Check [website](#) for more details.

**INFO & REGISTRATION**  
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*Paul Linden, a somatic educator, martial artist and author, teaching Aikido since 1969. He is a Feldenkrais instructor and holds a PhD in Physical Education.*