

PAUL LINDEN

EUROPEAN INTENSIVE WORKSHOP

SPAIN SEPTEMBER 29-OCTOBER 4 2020

Being In Movement



EMBODYING
POWER AND LOVE

EMPOWERMENT & EMBODIED PEACEMAKING

When we are challenged, stressed or overwhelmed by anything from playing a difficult piano piece or trying to meet a project deadline to a violent assault or a serious injury - our natural tendency is to constrict or collapse our attention, breathing, posture, vision and movement. This is experienced as feelings such as fear, anger, effort, strain, shock, weakness, resignation, numbness or dissociation.

In task performance, these physical responses interfere with planning and physical coordination. In situations of conflict, these powerful physical patterns undermine people's ability to think rationally, interact empathically, and act peacefully. When the physical response patterns get locked into the body, that is trauma.

By learning how to open and balance your body, breath, and attention, you can create a physical and mental state of relaxation, expansiveness, calm alertness, and compassionate power. This state of mind/body integrity is the foundation for overcoming the distress response and for handling life's difficulties effectively.

I have been practicing aikido (a nonviolent Japanese martial art) for 48 years, and I have used it as a laboratory for studying the self in movement. I have found ways to teach people in a matter of hours practical body awareness skills that took me 20 to 30 years to grasp. These methods do not involve vigorous or strenuous movement, and they are very simple. They stand on their own, and they also complement traditional skills in various educational and healing modalities.

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



THIS INTENSIVE WORKSHOP IS MEANT FOR

- Coaches, psychotherapists, bodyworkers, body-therapists, who want to gain depth and new effective tools to accompany their clients / (trauma) patients into embodied empowerment and being able to listen to their body and emotions in a whole new way.
- Practitioners of Aikido and all other martial arts, Yoga etc. who want to experience and learn very practically how to apply their arts in everyday life and for healing.
- Activists, educators, teachers, practitioners of Nonviolent Communication and similar who want to find the peace in their mind and body before and while having a difficult conversation, conflict etc.
- Activists who want to embody peace even in the most challenging situations.
- Dancers, actors, performance artists who want to learn a very effective way to center, gaining clarity of their body and emotion.
- Any person interested in learning how to be centered, calm and loving and how to teach this to others.

PAUL HAS BEEN TEACHING FOR MANY YEARS, YET, DUE TO OF HIS AGE AND HEALTH CONDITION, PLEASE BE AWARE THAT THIS MIGHT BE HIS LAST WORKSHOP IN EUROPE!

THE 6-DAY WORKSHOP

WILL FOCUS ON A NUMBER OF AREAS OF EMBODIMENT EDUCATION:

Relaxation and stress management, task improvement, trauma work, assertiveness and conflict management, and hands-on body work. The whole six-day sequence will teach an integrated understanding, and whichever area you intend to work with, familiarity with the other areas will deepen and strengthen your understanding of how to apply embodiment in your chosen area.

WHAT'S SPECIAL IN 2020?

- Every year Paul Linden is improving his teaching so there is always a discovery
- He is going to work with "real life" clients (not participants of the workshop) in front of the group
- We'll hold a meeting of graduates of the prestigious "Embodied Facilitator Course" right before the training so you'll find even more interesting peers in the group
- We do not offer 3 days participation so we can dive deeper as a group

FUNDAMENTAL CONCEPTS

By studying and changing the body, we polish the whole self.

- Challenge-response model: When there is a problem we cannot handle, learning becomes necessary.
- Calibration of exercises: A carefully graded series of difficulties develops resources and abilities safely.
- Defining terms: Clear, concrete, experiential definitions improve communication.
- Body-based language: Grounding speech about the self in tangible body actions improves awareness and communication.
- Intentions: Actions are created by projecting intentions through space.
- Emotions: Emotions are body actions. Feelings are what they “taste” like to the person doing them.
- Testable hypotheses: Reframing movements/actions as expressions of beliefs and setting up experiments to test the beliefs offers an efficient path of growth and improvement.
- Replacing: You can’t stop an undesirable action or emotion – you have to replace it with an incompatible and more useful one.
- Hands-on bodywork and movement instruction are two ways of communicating the same information to students.
- Ongoing practice: Awareness skills improve by working with exercises on a continuing basis.

EXAMPLE VIDEOS OF EXERCISES

Courtesy Mark Walsh / Embodied Facilitator Course
The embodiment channel on YouTube

Embodiment Facilitator Course:
Paul Linden Exercise 02



How to handle aggressive men



Body, mind and spirit - Paul Linden



PAUL LINDEN

PAUL LINDEN, PhD is a specialist in body awareness education and the developer of **Being In Movement®** mindbody education.

He holds a Ph.D. in Physical Education, a sixth degree black belt in Aikido and a first degree black belt in Karate, and he is an instructor of the **Feldenkrais Method®** of somatic education.

He has extensive experience teaching people such as musicians, athletes, computer users, pregnant women, adult survivors of child abuse, children with attention disorders, people embroiled in conflicts, and business persons.

He has numerous articles, ebooks, and videos downloadable from the website.



Among them are:

Winning is Healing: Body Awareness and Empowerment for Abuse Survivors.

Embodied Peacemaking: Body Awareness, Self-Regulation and Conflict Resolution.

Hands-On Teaching: Enhancing Body Awareness and Self-Regulation.

Feeling Aikido: Body Awareness Training as a Foundation for Aikido Practice.

Breakfast Essays: Brief Writings on Body Awareness and Life.

Embodying Power And Love: Body Awareness & Self- Regulation (10 hour training video).

www.being-in-movement.com

PRACTICAL INFORMATION

DATES & TIMETABLE

Septembre 29 - October 4 2020

10-13h – Training with Paul Linden and his advanced students

15-18h – Training with Paul Linden and his advanced students

ROUGH CONTENT TABLE:

- Centering in difficult situations
- Introduction into Paul Linden's bodywork. Advanced students teach some exercises under Paul's direct supervision.
- How to teach Embodied Peacemaking for coaches, therapists, activists and anybody interested, Paul Linden's bodywork,
- Application in trauma therapy
- Space for questions and requests from participants

EXTRA-CURRICULAR ACTIVITIES (TO BE CONFIRMED):

- Integral water therapy (support and release) - Bibana Badenes
- Integration of Nonviolent Communication® and Paul Linden's BIM work - Niels Janssen
- Free Dance (inspired by Ecstatic Dance) - Niels Janssen



VENUE
HOTEL INTUR AZOR

Avda. Gimeno Tomás 1, 12560 Benicassim, Castellón, SPAIN

Tel:+34 964 39 20 00 Fax: +34 964 39 23 79

azor@intur.com

details of booking on page 11



Photo: BIM Benicassim 2018

PRICES

**6 days training with Paul Linden & his advanced students
incl. VAT, excl accommodation:**

EXTRA EARLY BIRD:	Registration before January 30, 2020:	980€
EARLY BIRD:	Registration before March 9, 2020:	1140€
STANDARD PRICE:		1300€

Previous Participants of 1 or more editions BIM Benicassim / Spain:

EXTRA EARLY BIRD:	Registration before January 30, 2020:	830€
EARLY BIRD:	Registration before March 9, 2020:	980€
STANDARD PRICE:		1200€

EFC* Graduates:

EXTRA EARLY BIRD:	Registration before January 30, 2020:	880€
EARLY BIRD:	Registration before March 9, 2020:	980€
STANDARD PRICE:		1200€

* Embodied Facilitator Course

NOTE: For people with economic difficulties a few places are available for a reduced price.
Preference for people working in social/NGO sector.
We have the intention to agree with you ways for contribution in other concrete forms.

REGISTRATION

IN ORDER TO REGISTER PLEASE FOLLOW THESE 3 STEPS:

Fill in the registration form:

Click Here

We recommend booking accommodation with the same registration in order to ensure you will have the room you like.

Transfer at least 250€ to:

BANKIA

IBAN: ES30 2038 5809 6460 0007 1125

Bic code, Swift Code: CAHMESMMXXX

Town: Benicassim, SPAIN

Bibiana Badenes

Concept and name of the student

PAY PAL:

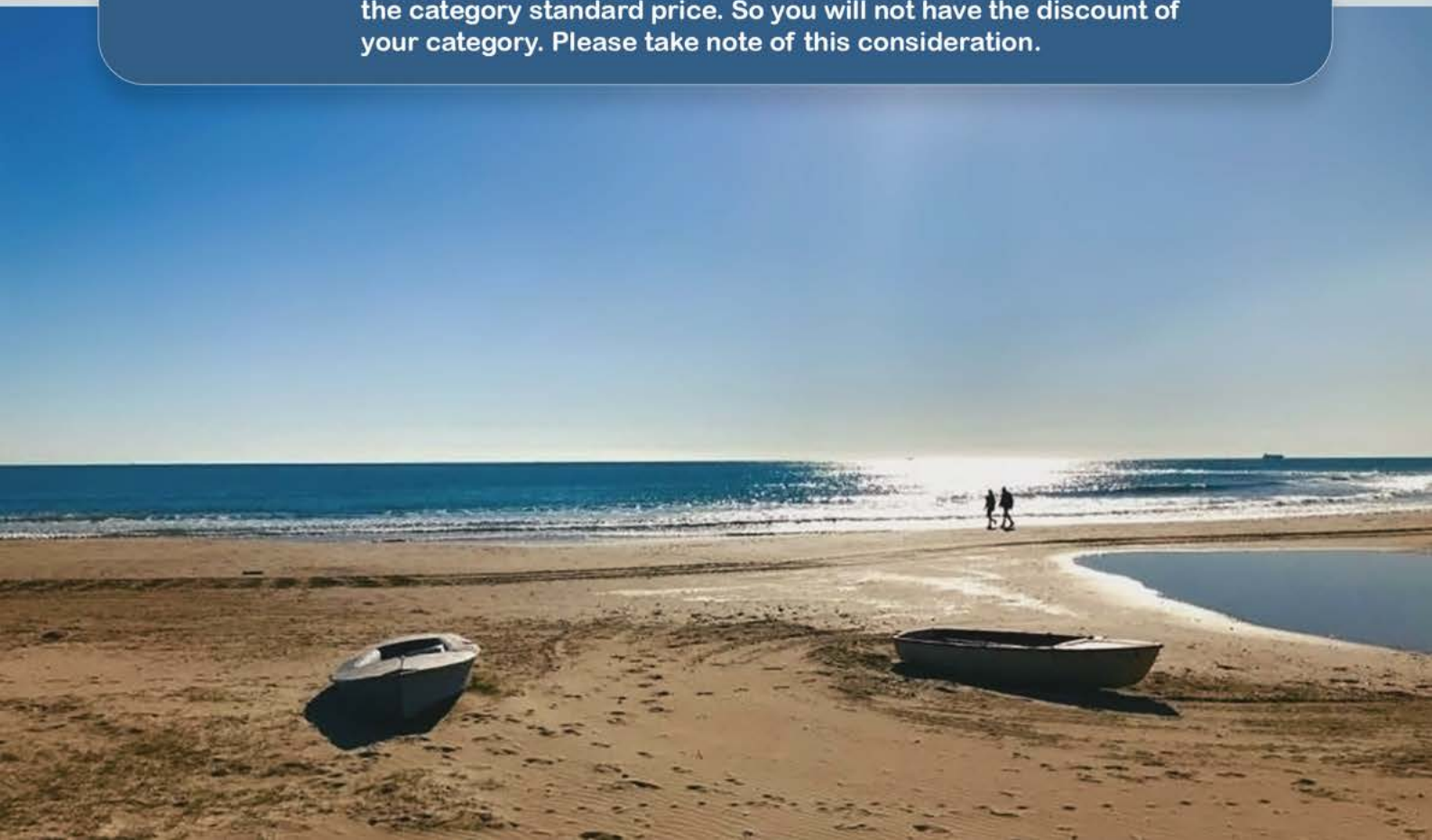
You have to add 40€ to the total amount
bibianabadenes@me.com

Send us the bank receipt:

being.in.movement@gmail.com

Wire transfer the remaining amount until April 1st, 2019

IMPORTANT: Any remaining payment later than April 5th will be considered under the category standard price. So you will not have the discount of your category. Please take note of this consideration.





IMPORTANT Cancellation & Refund Policy:

Until May 1st: 50% refund in case of health problems which affect you or people who depend on you. If we cancel, 100% refund.

Paul Linden has been giving trainings all around the world for years, and he's teaching classes right now, so we are confident that everything will go well. Whatsoever, due to his age and health condition, there is always a risk that he will not be able to come.

We cannot respond for any cost you might have with transportation or lodging, so please make sure to take this in account and book tickets you can get refund for.

Intur AZOR charges the 1st night as cancellation fee, we cannot refund from the organization.

ACCOMMODATION BOOKING:

We have booked 20 rooms in the Intur Azor Hotel (Across the street from the venue & 2 minutes from the beach) you can book the room within the registration form or later, if available, writing to

MORE INFORMATION:

www.intur.com/hotel-azor-benicasim/habitaciones.html

We recommend to stay in the hotel where the workshop is held in order to create more connection with the other participants and to be able to rest in your room during the breaks. However, if for any reason you prefer other Hotels or to camp, there is a campsite close by. We can assist you with this.

Prices guaranteed until April 1st

Single + breakfast:	€60 per room and day
Double + breakfast:	€75 per room and day
Extra meal:	€15 (variety of restaurants nearby)
VAT included	

TRAIN STATION

Renfe Benicassim - 3km from venue

Closest high-speed train (AVE) station:

Valencia "Joaquín Sorolla" - 90km from venue - 1h by train

CLOSEST AIRPORTS

Castellon de la Plana (30 minutes by car) only a few flights

Valencia Airport (VLC)

(Recommended. We can arrange shuttle service for you) - 90km from venue - 1,5h by train

Barcelona International Airport (BCN) - 250km from venue - 3h by train

Madrid Barajas International Airport (MAD) - 435km from venue - 4h by high-speed train



CONTACT

LOCAL ORGANIZERS:

being.in.movement@gmail.com

bibianabadenes@me.com

Niels Janssen

(General questions, workshop bookings):

0034 - 687781848

Bibiana Badenes

(Venue, travel info & accommodation, also workshop bookings):

0034 - 609544043

Looking forward to seeing you soon!