

The Private Lesson

Holistic coaching toward mind/body awareness by Mary Heiny

In my more than 40 years of Aikido practice, I have had the opportunity to deeply explore the issue of mind/body harmony. This experience has taught me that a person's physical interactions with others reflect his or her habitual patterns of thought, feeling and action. I have learned that changes in movement can bring about changes in who you are and how you interact with the world. Positive changes in the mind will become positive changes in the body; positive changes in the body will become positive changes in the mind.

Although I have shared these insights with my students in my role as an Aikido teacher, my contact with a particular student has often been limited to a few minutes at a seminar or the occasional one hour private lesson. It has become clear to me in recent years that many individuals want a deeper exploration of the complexity of their own mind/body. I have, therefore, created a new format that will allow for a longer term holistic exploration of these issues.

The structure for these interactions would ideally include an initial in-person session held either in Seattle, where I live, or at one of the various locations throughout the country that I visit to give seminars. During the in-person session I will observe your movements and your interactions with a partner as you demonstrate Aikido techniques. I will be able to use the intuitive somatic assessment I experience to guide your own insight into yourself and how you relate to others. During follow up phone consultations and/or further in-person work, we will continue to explore the issues that were raised in the initial session.

Fee structure: Initial in-person session: \$120. Phone consultations (3 sessions, 50 minutes each): \$175. Further in-person sessions and/or packages of phone consultations will be arranged based on mutual interest.

If you are interested in examining how changes in how you perceive yourself in the world can bring about changes in movement and how changes in movement can impact your world view and relationships, please contact me and we will discuss the possibilities.

Mary



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