

**A three-day workshop with Charlie Badenhop and Dorothy Pietracatella  
Washington DC, April 15-16-17, 2005; 9:30am-5:30pm**

## **Embodied Wisdom**

### **Utilize the intelligence of your body to change the way you think and feel**

Most of your previous training and education in life has likely prepared you to be successful at "living in your head." Almost all Western education systems and organizations focus on how to be effective logically and analytically, while ignoring your emotions and your spiritual longing. Because of this, the greater your past successes, the more likely it is you will notice "something is still missing".

Living a fulfilling life involves synthesizing emotion, intellect, and spirit. All three aspects of your self must be honored if you are to feel fulfilled.

#### **This workshop will provide you with a first hand experience of what it feels like to:**

- Say "Yes" to life with your entire being.
- Honor the wisdom and intelligence of your body.
- Feed your heart and your soul, as well as your intellect.
- Live a more fulfilling life as you experience yourself as Whole.
- Think and act in a way that matches what you feel, love, and long for.

#### **This workshop will provide you with the opportunity to:**

- Understand how to transcend the usual limitations you place on yourself.
- Learn how to listen and respond to the non-verbal language of your body.
- Access new insights by broadening your perspective to include all of yourself.
- Learn techniques that enable you to tap into the wisdom of your subconscious mind.
- Profoundly change the way you perceive and appreciate your self, the people you are in relationship with, and the life challenges you face.

This workshop is based upon *Seishindo*—A human potential discipline developed by Charlie Badenhop. *Seishindo* empowers you to "Engage the world with greater enthusiasm, compassion, and creativity." *Seishindo* draws on an integrated theory base that includes the Japanese martial art of Aikido, Neuro-biology, Self-hypnosis, NLP, and the Japanese health management system of Sei Tai.

Charlie's workshops are known for their magic, depth of experience, and celebration of life. He weaves together theory, poetry, music, movement, practical applications, and a clear encounter with one's core identity.

#### **The Presenters: Charlie Badenhop and Dorothy Pietracatella**

**Charlie Badenhop** 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. (You can find out more about *Seishindo* at <http://www.seishindo.org>.)

**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 April 1, 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 details as to registration, method of payment, etc. please contact Lisa Kimball at [lisa@groupjazz.com](mailto:lisa@groupjazz.com) or phone her at 202-686-4848.

If you would like to get a better sense of what the workshop will be like, please contact Dorothy at: [dcphealing@si.rr.com](mailto:dcphealing@si.rr.com) or Charlie at: [charlie@seishindo.org](mailto:charlie@seishindo.org).

<http://www.seishindo.org>