

**A two-day workshop with Charlie Badenhop and Dorothy Pietracatella  
Manhattan, New York City, April 30 – May1, 2005; 9:30am-5:30pm**

## **Self-Hypnosis for Self-Renewal and Healing**

Balancing your emotions, and maintaining a deep sense of well-being are tasks that are vital to all of us. Learning the art of self-hypnosis can provide you with added ability to live the life your heart truly desires.

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

- Tap into the healing power of your somatic mind, and improve your health and sense of well-being.
- Meld your logic with your emotions, so that what you say and do, matches what you think and feel.
- Enter a peak performance state in which thought and action occur simultaneously.
- Slow down your internal chatter, and experience your life from a heartfelt timeless perspective.
- Combine calmness, relaxation, and awareness, with the potential for free and easy movement.

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

- Redefine your identity, and approach life as a new and exciting endeavor.
- Artfully synthesize and make whole, the paradox of your intellect and emotions.
- Understand and appreciate yourself at the level of being that comes before words.
- Learn how to overcome limitations that you thought were beyond you.
- Quiet your thinking mind, and enter into a state of self-renewal and healing.

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." 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** 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. (Read about Seishindo at <http://www.seishindo.org>.)

**Dorothy Pietracatella** has had a successful 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 two day program is \$380, if payment is made no later than April 15, 2005. After this date, tuition is \$450.

### **Location**

In Manhattan. Exact location to be announced.

### **For Further Details**

Contact Dorothy at: [dcphealing@si.rr.com](mailto:dcphealing@si.rr.com)

or, phone her at 718-351-8775.

You can Contact Charlie at:

[charlie@seishindo.org](mailto:charlie@seishindo.org) .