

**A three-day NLP Coaching Workshop with Charlie Badenhop and Dorothy Pietracatella
Washington DC, October 29-30-31, 2004, 9:30am-5:30pm**

The Power of the Spoken Word

Would you like to engage in more meaningful heartfelt relationships, undo compulsive habits, or unleash your creative spirit? Do you sometimes want to make important changes in your life, but find yourself unable to unlock the door to your full potential? Do you know the words you use to describe your personal version of reality determine how likely you are to achieve your goals? Rudyard Kipling said, "Words are the most powerful drugs used by mankind." This workshop will help you to kick your emotional addiction to negative language patterns, and free you to pursue the goals you truly desire.

Join our supportive learning community and:

- Ferret out the words that help determine a positive path for your life, and learn how to triumphantly follow this path.
- Discover how you can heal and rejuvenate yourself by simply changing the way you engage in internal dialogue.
- The technique of "Jazz Chanting" will help you learn how to improvise, while playfully approaching and changing what you initially perceive to be a problem.
- Experience how altering the pace and rhythm of your conversations can change anxiety into excitement, disbelief into curiosity.
- Find out how your verbal language is created by the movements, posture, muscle usage and chemical reactions of your body and how you can have more power over the words you speak, and the feelings they arouse.
- Find the exact words that can help you to resolve the painful conflicts you have with those important to you.
- Discover which of your favorite words and phrases you'll do best to stop using, even though you might find them quite harmless now.

The principles, practices, and techniques taught in this workshop have been distilled from Charlie's 20-year experience as an Aikido instructor, NLP trainer and Ericksonian hypnotherapist. As an individual wanting more from your life, or a trained professional wanting to add to your current professional skills, you can benefit from the groundbreaking method of personal transformation presented in this workshop.

You will benefit, if you have previous NLP training and want to substantially add to the quality of your NLP interventions and communications.

- Find out why John Grinder called Aikido the physical expression of NLP.
- Learn the "Somatic Reframing" and develop your ability to be in an "uptime" state by overcoming limiting and habitual forms of somatic communication.
- Discover new ways of using your body and your spirit in such a way as to breathe power and compassion into your NLP interventions.
- Add grace and ease to the way you use advanced NLP language patterns, by learning how to think with your body.
- Start to master the Japanese Practice of "Katsugen Undo." Create an orderly way to unconsciously move the body, while adjusting those parts of the body that we cannot move voluntarily. Develop your personal congruence as you come into a state of rapport with your self.
- Use the opportunity to model Charlie while he is creating magic born from his 20-year experience of melting Aikido and NLP.

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

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 of reconnecting to one's core identity. You are invited to enter into an austere theater of everyday life. Please come and savour in a supportive community, the reintegration of your thoughts and feelings – *A heartfelt experience beyond words.*

*"Charlie Badenhop has been a member of and a contributor to the NLP community for many years. He has brought his knowledge of the martial arts to NLP and shared the movements, philosophy, and art of the special relationship with self and others that can be achieved through Aikido. ... Charlie has created many innovations in this area that help people heal body, heart and soul." **Judith DeLozier**, co-founder of NLP and co-developer of New Code NLP.*

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.

What others have said about Seishindo workshops

"The Seishindo workshop "Simple Mind Pure Heart" was the most profound and extraordinary workshop that I have ever attended. Profound because of the miraculous changes that have occurred in me and extraordinary because of the unique methods used to generate those changes."

Angela Scherma; Australia

"Charlie Badenhop is an extraordinary man. His work offers great insights into the unity of mind and body in clear, simple language that is immediately graspable and at the same time shatters any rigid conceptions one might be holding. I experience Charlie as a deeply honest, direct, open, powerful, and humble man. He is both an unforgettable character, and a real inspiration to me."

Mary Ann Giorgio; Brooklyn, New York

Tuition

Tuition for this three day program is \$570, if payment is made no later than October 14, 2004. After this date, tuition is \$650.

Location

Courtyard Herndon Reston, 533 Herndon Parkway, Herndon, VA 20170.

Phone: 1 703-478-9400, Fax: 1 703-478-3628

Further Details

If you want details as to registration, method of payment, etc. or if you would like to talk to someone and get a better sense of the workshop, please contact *Sandy Morris* - Tel: 703-707-9277. E-mail: Msmuse2004@aol.com. Or, you can also contact Charlie via email: charlie@seishindo.org.

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Charlie Badenhop's Private Sessions in Washington, DC on November 2 and 3, 2004

If you would like to become better able to work wisely with core issues such as your identity, deteriorating health, a general sense of well-being, destructive habit patterns, strained personal relationships, and various professional concerns, please consider engaging in an in-person private session with Charlie Badenhop.

Read more about what Seishindo sessions can bring you at: <http://www.seishindo.org/company/individuals.html>

Read what other people say about Seishindo sessions at: <http://www.seishindo.org/feedback.html>

If you feel like you are interested in a private session, please contact Charlie directly at charlie@seishindo.org.

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