



is pleased to host a  
**unique weekend  
seminar ...**

a holistic, integrated approach

**in which three methods of self-realization come  
together in hands-on training:**

Zen,  
Bodywork,  
and Yoga

February 24-26, 2006

**at Aikido of Northern Indiana's headquarters facility,  
Onshinkan Dojo, 9152 Louisiana Street, Merrillville, Indiana**

# The instructors

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**Dr. Ginny Whitelaw** is a Rinzai Zen priest and a 5<sup>th</sup> degree black belt in Aikido. She has a Ph.D. in Biophysics and is the co-founder of Focus Leadership, a consulting company for management and leadership development. Dr. Whitelaw combines a rich background in project management, executive coaching, team facilitation, and leadership development with more than 25 years in Zen and martial arts. Her Zen training has been under D. Hosokawa Roshi, and her Aikido training under F. Toyoda Shihan. She is the author of *BodyLearning: How the Mind Learns from the Body*, and is a recognized expert on the powerful role of physical practice in personal and professional development.

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**Everett Ogawa** is a bodywork practitioner and instructor who considers himself to be a caretaker of the continually-evolving method he calls Integral Bodywork® – the current expression of “The Work” that has evolved over the course of his 12 years of full-time practice in the Chicago area. Mr. Ogawa received his basic bodywork training from William “Dub” Leigh, and has been training in Zen for 25 years under the guidance of Rinzai teachers Tanouye Tenshin Rotaishi, Toyoda Tenzan Rokoji & currently, Hosokawa Dogen Roshi. His background also includes training in the martial arts & psychotherapy. He received his M.A. in Buddhist and Western Psychology from Naropa Institute in 1978.



For more information, see [www.integralbodyork.com](http://www.integralbodyork.com)

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**Ximena Prudencio** has been studying and practicing bodywork and meditation since 1998. Her teachers and friends whom have “graced and inspired her” include: Dub Leigh (founder of Zentherapy®), Audrey Nakamura, Dogen Hosokawa Roshi, Everett Ogawa (founder of Integral Bodywork®), and



others. Especially important in Ms. Prudencio's development have been both martial arts training and the wilderness. She has also been fortunate to train with Ana Forrest and Rod Stryker in yoga.

Ms. Prudencio's approach to yoga and meditation – for both her own practice and in her teaching – is simple and challenging: body and breath relaxed and steady, mind calm and willing to accept the present moment – and to do this on the mat, on the cushion and in each moment of life.

# The facility

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**Aikido of Northern Indiana—Onshinkan Dojo** is located in Merrillville, Indiana, approximately 1 to 1-1/2 hours drive from Chicago. Located in a warehouse area, its two stories include 1000 feet of mat space, changing rooms, shower and restroom facilities, a classroom, cooking facilities, and sleeping space. Classes offered on an ongoing basis include: Aikido, a traditional non-competitive martial art (adult, youth, and family classes); Zen Meditation; Yoga; Chi Kung and Tai Chi; Japanese Language; Ikebana (Japanese Flower Arranging); Chanoyu (Tea Ceremony); Iaido (Japanese Swordsmanship); and Self-Defense. For more information, visit [www.aikidoconnection.com/indiana](http://www.aikidoconnection.com/indiana).

# The event

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This weekend seminar is open to all levels of practitioners, from those with no prior training in any art to those with years of training. Concepts and practices learned during these 14 hours should prove to be a huge benefit to any individual. The experience can be used as a wonderful launching point for a beginner's meditation and centering practice, or to help deepen the current practice of more advanced students.

Participants will learn better how to work *with* their body, integrating the three different yet complementary arts, and will better understand how to align physical practice with mental focus and spiritual well-being.

Please wear loose-fitting and comfortable clothing—sweat pants or gi pants and T-shirt or sweatshirt for sitting, T-shirt and shorts or boxer shorts for bodywork, and avoid using perfumes and colognes. Shoes will be left just inside the door. Bring your own cushion or pillow to sit on during the mediation, a bath towel for the bodywork session, and a lightweight blanket

The lecture Friday night is open to the general public, and will be handled on a donation basis. This would be a great event for the entire family to attend!

For seminar participants, each session will build on the previous one, so please plan to attend the whole weekend. Partial attendance is possible but will diminish the continuity of the experience.

# The schedule

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Friday, Feb. 24	6:00-6:30 pm	Registration
	6:30-7:30 pm	Zazen (seated meditation + instruction)
	7:30-8:30 pm	Public Lecture (donations welcome)
Saturday, Feb. 25	9:00 am-12:00 pm	Zazen—yoga—zazen
	1:00-5:00 pm	Bodywork
	5:00-6:00 pm	Zazen / self-comparison
	7:00 pm	Group dinner
Sunday, Feb. 26	9:00-10:00 am	Zazen + breathing release
	10:00-11:15 am	Yoga
	11:15 am-12:00 pm	Zazen / self-comparison
	12:00-1:00 pm	Discussion on integration / reflection on changes / Q&A

Fee:    \$80 Saturday/Sunday    \$60 Saturday only    \$\_\_\_\_\_ Friday night (donation)

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**Information / Registration:** For more information, to register, or to get directions, please contact Elisabeth Menning at Aikido of Northern Indiana (email: ANI@aikidoconnection.com; phone: 219-736-7854; cell phone 219-613-4763). A map to the facility can also be found on the ANI website at [www.aikidoconnection.com/indiana](http://www.aikidoconnection.com/indiana).

**INTEGRATED WEEKEND (ZEN, BODYWORK, YOGA)—Feb. 24-26, 2006**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

PHONE #: \_\_\_\_\_ (home or work) ? CELL \_\_\_\_\_

EMAIL: \_\_\_\_\_

PRIOR EXPERIENCE: \_\_\_\_\_

\_\_\_\_\_

Please enclose a check or money order (payable to “Aikido of Northern Indiana” for

\$ \_\_\_\_\_ Friday donation       \$80 Saturday/Sunday       \$ 60 Saturday only

and mail to: Aikido of Northern Indiana  
9152 Louisiana Street  
Merrillville, IN 46410

*THANKS! See you there!*