

Aiki Consciousness Institute

Freedom Thru Mastery

Presents

The Agatsu Method

Wednesday January 24, 2024

10am - Noon (Zoom)

\$60

The Agatsu Method is an alchemical mix of psychological, spiritual and martial teachings. It is a process for becoming more present, embodied and aligned in your life. It is powerfully effective in areas of healing, personal development and stress reduction.

Agatsu means “Self Mastery”

In this Aiki lineage, autogenic wellness is accessed through authenticity and wellbeing.

By practicing, we can return to these qualities quickly.

The Agatsu Method is a path to inner peace and freedom.

Benefits of Practice

More Calm ~ Less Anxiety

More Joy ~ Less Depression

More Energy ~ Less Stress

More Whole ~ Less Fragmented

More Connection ~ Less Isolation

More Compassion ~ Less Judgment

More Love ~ Less Discord

Now is a good time to commit ourselves to healthier, more positive ways of living and to more effectively handle the stressors of daily life.

Denise Barry has been walking and teaching the Aiki Path for the past 47 years.

She holds an M.A. in Psychology and a 6th Degree Blackbelt in Aikido.

She is the founder and Chief Instructor at ACI and is the creator of The Agatsu Method.

To inquire further

Please email: sensei@aikiconsciousness.com

Pre-registration required by 01/22/2024