

# ***Aiki Consciousness Institute***

*Freedom Thru Mastery*

*Presents*

## **The Agatsu Method**

**Sunday April 28, 2024  
10am – Noon PST (Zoom)  
Sliding scale: \$60-\$75**

*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 powerful and effective for healing, personal development and stress reduction.*

### ***Agatsu is about “Self-Mastery”***

*In this Aiki lineage, autogenic wellness is experienced  
through returning to a state of authentic presence and wellbeing.  
Through practice, we can embody these qualities quickly.  
The Agatsu Method is a path to healing, 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 healing!***

***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](mailto:sensei@aikiconsciousness.com)  
Pre-registration required by 04/26/2024**