

# The Agatsu Method®

presents

## SUNDAY ALIGNING

**September 7, 14, 21 & 28**

**10am – 11:00am PST (Zoom)**

**4 ONLINE CLASSES: \$125**

*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.*

*In this series, we will practice embodying and aligning to ourselves, our truth and our values. Deep alignment brings us peace and stability.*

### 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*

*Denise Barry Sensei has been practicing and teaching Aikido for the past 48 years.*

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

*She created The Agatsu Method® to help people heal from trauma and live their lives purposefully, peacefully, and fully.*

**For more information email: [denisebarry@agatsumethod.com](mailto:denisebarry@agatsumethod.com)**

**Pre-registration required by 08/25/2025**

**[www.agatsumethod.com](http://www.agatsumethod.com)**