

The Agatsu Method®

Presents

Cultivating Inner Strength & Resiliency

**Wed. August 27, 2025
5-7pm PST via Zoom
ONLINE EVENT- \$60**

*Inner strength and resiliency are qualities that can be cultivated.
Because life is full of pressure and unpredictability, having a practice is
necessary to foster mental, emotional, and physical stability.*

*This class is experiential and interactive. Through these practices, you will
experience the power of being present and learn to witness and work with your
thoughts, feelings, and triggers as they arise.*

The Agatsu Method® is an alchemical mix of

Martial: (Body) Being present, engaged, and aware in the world.

Psychological: (Mind) Awareness of thoughts, feelings, and triggers.

Spiritual: (Spirit) Cultivating a compassionate and peaceful heart.

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

Pre-registration required by 08/25/2025

www.agatsumethod.com