

# Aiki Consciousness Institute

Freedom Thru Mastery

*Presents*

## **The Agatsu Method®**

**Wed. Dec. 17, 2025**

**5-7pm PST**

**\$60 ~ Zoom**

## **Theme: Being Present**

*The Agatsu Method facilitates wellbeing and wholeness through the unification of body, mind and spirit. It is a path of mastery that integrates martial (Aikido), psychological, and spiritual teachings. This transformational process allows for deep healing, personal development and successfully navigating the pressures of daily life.*

*The Solstice season is a powerful time to go inward. It is a time to rest, reflect and find the peace and quiet that the long dark nights invite us to explore. Please join us as we discover and experience the empowering qualities that emerge from within when we become present and embodied.*

*Denise Barry Sensei has been practicing, teaching and coaching all ages and abilities 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 synthesize the disciplines she has spent her life studying. She has dedicated her life to helping others live in the present moment, to heal from trauma and live their lives peacefully and fully.*

**For more information**

**[denisebarry@agatsumethod.com](mailto:denisebarry@agatsumethod.com)**

**Pre-registration required by 12/16/2025**

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