

# MLR4001 : Mind-Body Integration: Aikido A

This course introduces the principles of Aikido and its application to human relationships. It provides a basic foundation for the student who wishes to adopt Aikido as a practice as well as for the future application of the principles of Aikido to psychotherapy and other fields. It provides practical training in maintaining center and awareness under pressure, learning to blend and harmonize with others, and the development of a personal sense of presence. Emphasis on the relationships between Aikido, daily life, relationships, and therapy are explored. Basic back and forward rolls will be learned and practiced (accommodations can be provided.)

**Credits** 1