



Verbal Aikido® *Basics and Reflex Development* in 10 interactive sessions

| Session 1 | Session 2 | Session 3 | Session 4 | Session 5 |
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| Introduction to the Verbal Aikido “Dojo” & practice | Posture & Technique Centering with one’s truth | Posture & Technique Creating an opening | Posture & Technique Exploring the bridges of “us” | Posture & Technique Emotional responsibility |
| Session 6 | Session 7 | Session 8 | Session 9 | Session 10 |
| Reflex development Solidifying posture | Reflex development An appropriate distance | Reflex development Owning one’s expression | Reflex development Prioritizing the relationship | Developing an autonomous practice |

