



> a holistic and integral approach to
wellness, agility and openness
of body, heart/soul and mind/spirit
for the personal and social life

Since 1994 I have been intensely practising Aikido (since early beginnings also as teacher - currently at a level of a 3rd Dan), in my 'home-dojo' Yamatoka with Ursula Reimer in the context of the SJV (Swiss Judo and Ju-Jitsu Association) and several, mostly Kobayashi (OSAKA) based schools, later on within the CAA (California Aikido Association - AIKIKAI + IWAMA) with Frank Doran, Pat Hendriks, Robert Nadeau, who finally guided me to Miles Kessler (Tel Aviv) and Patrick Cassidy (Montreux) - and the younger association of EAC (Evolutionary Aikido Community - AIKIAI).

"Evolutionary Aikido" understands this "marshal art" as a holistic and integral approach to conflict resolution, which follow very basic principles:

- Recognizing conflicts, as they are - not as I judge and imagine them
 - Meeting energies (aggressions) where they come from - not only where they show effects
 - Accepting conflict energies openly and transform them - not repelling and fighting
 - Taking conflicts as opportunities, in order to learn and develop positive from them
 - Basis of every conflict-resolution is an inner connection with what encounters me !
 - Crucial is less what I do, but if and how I penetrate into the core of the matter / situation
 - Solutions evolve out of the resolution of inner 'delusions' - in myself and my surroundings
- For this it can be helpful to learn - understand - practically internalize techniques; techniques may grow to important means for critical situation, in order to connect with their core; only this connection will free an adapted solution (with fewest losses) for the specific situation.

My today's aikido practice under the title of "aiki-Balance" is actually concentrating in body work implementing refined aiki-principles for caring and developing inner and outer abilities in all the parts and layers of our body, including heart/soul and mind/spirit aspects.

In order to further development these training and treating methods I completed my knowledge in the fields of QiGong, Hojo, Mindful Meditation (to some extent Respiratory Therapy, Eutonie etc.) and additionally by completing an apprenticeship in Coaching with a Master of Coaching (CAS/ECA). – Recently I completed an apprenticeship in Rebalancing (holistic Fascia Massage) with certificate and membership in RSV (Rebalancing Association Switzerland).

All in all "*aiki-Balance*" + "*Re-Balancing*" is creating and offering a holistic and integral approach to wellness, agility and openness/awareness for our body, heart/soul and mind/spirit - for our personal and social life.

By an extension of these principles into our environment with plants, animals and nature / life in general, and based on many years of practice, a new emphasis has grown, revolving around a partnership-based approach and handling with "*Tree and Garden*" (Individualistic Plants in a human designed life space).

Thus, my currant **activities** - and **offers** - are mostly revolving around various different approaches to a holistic (connected / committed) dealing with myself - with my counterparts - with all of us
- with us in the world ...
> Various different approaches, opening - oriented towards the whole
- to personal space and orientation - health and agility for the individual.



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aikido for an upright walk

You feel held up ... ?

You get up - and walk your way !

We help you, to regain your body carefully in its parts and its whole - to harmonize painful energies and blockades and to flexibly reintegrate them.

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aiki-Massage - Deep-Relaxation

You feel physically blocked... ?

You meet your body new !

We help you, to regain your body carefully in its parts and its whole - to harmonize painful energies and blockades and to flexibly reintegrate them.

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aiki-Meditation - Exercizes in Mindfulness

You are feeling unbalanced ... ?

You meet yourself new !

In different forms of mindfulness we approach our many patterns of behaviour, that nested into all our layers of self-conscienceness, in order to free us by deeper understanding for new awarenesses and a healthy life.

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Coaching - in all life situations

You feel held up ... ?

You get up - and walk your way !

We support you, to understand your actual situation more deeply from the ground up, to find your own solutions and to free the new needed energies.

Rebalancing – of inner connections

You give in ... ?

You find your body in new Balance !

A holistic structural massage supports you, by recommitting your gloued and crisped inner envelopes - by liberating the flow of energies.

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Tree & Garden

Your trees/garden need care ?

Make them your partners !

I offer you a thorough and individual care for your beloved plants, based on mamny years of experience and personal affection and attentions.