



# Heart of Courage

taught by Michelle & David Keip

*Wake Up your Bodymind*

## Somatic and Relationship Practices inspired by Aikido, the Art of Peace

*Heart of Courage offers the transformative power of Aikido without the physical challenges. Suitable for all, age 16 & up.*

- Befriend your body and deepen intuition
- Learn how to return to Center in any situation
- Keep your heart open in the midst of relationship conflicts
- Increase your capacity to engage whole-heartedly in the world

*"I bring my toughest problems and as we practice they become shining opportunities"* M.M.

*"Heart of Courage gives me the best practical tools for living my life strongly centered in Love. I use them often to help clients."*  
Jan Ogren, MFT

**Intro Evening • Thursday, August 29 • 7:00–8:30 pm • \$10 at the door**

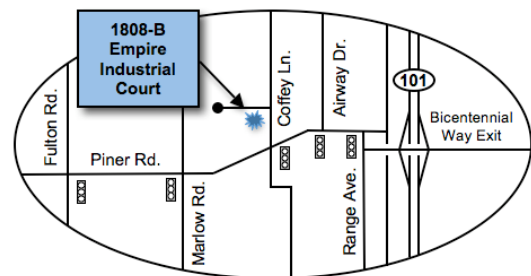
Get a taste of this embodied approach to empowerment.

### Ongoing "Adventure Group"

1<sup>st</sup> & 3<sup>rd</sup> Thursdays • 7:00 to 8:30pm

\$55 per month • start anytime

David & Michelle are the co-founders of Wellspring Aikido & MovementOasis



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