



The Intuitive Body: Discovering the Wisdom of Conscious Embodiment and Aikido (3rd Revised edition)

By Wendy Palmer

North Atlantic Books, U.S. Paperback. Book Condition: new. BRAND NEW, The Intuitive Body: Discovering the Wisdom of Conscious Embodiment and Aikido (3rd Revised edition), Wendy Palmer, "The Intuitive Body" draws on the principles of the Japanese martial art aikido and meditation to present a unique method for cultivating awareness, attention, and self-acceptance. Wendy Palmer shows us through basic practice and partner exercises how we can become more aware of the body and trust its wisdom. Palmer introduces exercises from her Conscious Embodiment and Intuition Training programme, connecting movement, meditation, and breathing in a daily practice that can help the process of integration, of deepening and unifying ourselves, and learning to deal with our fear and aggression. The book will be revised with new material on Conscious Embodiment movement and meditation practices, with new chapters on advocating without aggression and the wisdom of not knowing-embodiment the qualities of dignity and integrity in our everyday life.



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