



Embodied
Communication
for
Relationship
Harmony

A 10-lesson Online Course
that will bring harmony to
even your most challenging
relationships.

When you feel a conflict arising...

Can you continue to speak — and listen — with compassion? Stay on topic? Remain empathetic when you are being criticized?

The power of Embodied Communication is the power of **staying present under pressure.**

Try a FREE, no-obligation introductory lesson at
www.CommunicationHarmony.com

Based on the principles of Aikido,
this Embodied Communication course
teaches simple yet powerful skills to use
in any real-world situation.

Who can benefit?

**Couples · Parents and Co-Parents · Families
Teachers · Therapists · Managers · Veterans**

Everyone who would like to learn to *respond*,
rather than *react*, when under pressure.

What people say about the course:

“Inspiring and full of wisdom.”

“Simple, experiential exercises that are really fun.”

“My intuitions clarified, became more accessible.”

“I learned to show up with my whole being.”



Aikido principles
harness the power of
body awareness in
communications to
transform frustration
and overreactions
into responses that
leave you feeling
satisfied, calm and
respected.