



Jamie Zimron: Aikido for Bodyworkers and Therapists



Jamie Leno Zimron is a Somatic Psychologist, Aikido Master, LPGA Golf Pro, Corporate Speaker, Mind-Body Fitness Trainer and international Citizen's Diplomat. Drawing from Aikido, the Japanese Martial Art of Peace, Jaimie offers essential practical ideas and techniques to bodyworkers, therapists, teachers and healers. Discover body-mind mechanics that promote healing for others while ensuring your own well-being.

TOP EMBODIMENT TIP: Get centred in your belly centre and in your heart centre. Drop into it and just enjoy.

The Body Records Everything that Happens to Us:

- **There is nothing that happens that is not in the body.**
- When we touch into the body, we start to touch into the whole storehouse of belief systems, emotional experiences, joys, successes and trauma.

Embodiment Through Aikido:

- In Aikido, you meet yourself on the mat. You get to see how you respond to different people in different scenarios, and can learn so much about yourself.
- **The movements and training become vehicles to develop a sound, coherent sense of yourself and other people.**

The Client/Therapist Relationship:

- Aikido teaches you to develop a relaxed body, calm mind and centred presence. It teaches you to integrate your breath with your movements, and get in touch with the energy in your body and the universe.
- Approaching the client/therapist relationship through the Aikido principles is grounding, relaxing and protective for therapists and their clients.
- **Embodying a gentle, grounded presence creates an environment of trust** where emotional expression, self-revelation, and the emergence of unconscious material into the conscious can happen, and healing can occur.

Resources

- ◆ **Website:** thecenteredway.com



❖ **References:** Peter Levine



Jamie Zimron





All Martial & Healing Arts Presentations are Proudly Sponsored by

Rafe Kelley, [EvolveMovePlay.com](https://evolvemoveplay.com)



Rafe Kelley and **Evolve Move Play** help you become your most heroic self through movement, mindfulness, nature connection, and community practices.



Evolve Move Play is movement training for humans. Through our ecology of practices, we reconnect to the most meaningful aspects of life. Connect to us through our podcasts, online courses, and retreats.

Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



[Accept Rafe's Free Gift →](#) Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the [Evolve Move Play Method](#).