



Kayla Feder: Healing Aikido: An Internal Journey



Kayla Feder is Chief Instructor at Aikido of Berkeley and began her Aikido training at age 9. She has practiced Aikido continuously for 47 years and received her 6th dan from the Hombu dojo, Aikikai in 2004. Aikido is her passion, her daily practice and her rock. Learn basic Aikido techniques in this introductory and participatory class where Kayla also demonstrates more advanced elements and techniques.

TOP EMBODIMENT TIP: Be aware of your habits. What you choose to practice is what you embody.

Aikido: The Way of Peace, The Way of Harmony

- The meaning of Aikido is: Ai - love or harmony, Ki- spirit or energy, Do -way or path.
- O-Sensei, founder of Aikido. "*The purpose of Aikido is to bring out the best in people. It is to walk on a divine path. It is the way of the universe. Aikido is the power of the Spirit and manifests in many ways. Aikido reveals the manner in which the universe works. Human beings share a common destiny to assimilate the true form of the universe within the body and let it permeate the soul.*"
- Aikido is non-competitive and teaches us how to work with External Energies.
 - Receive it, accept it, rather than push it away. Think: 'how can I become one with it?'
 - When working with an opponent, **'Feel, become one, make a path, don't throw'** (the throw just happens if you receive and allow for the energy)

Healing: How Aikido is Healing

- Healing occurs by constantly joining with what is happening, letting it in, receiving it, and making your body porous.
- It is healing to be constantly connecting with others, dealing with energy coming at us, taking it slowly and finding flow.
- It is healing for the mind and body to practice making ourselves vulnerable in a way that is safe. You can learn incrementally how to work with 'attacks' or energies coming your way.
- Aikido encourages connection with nature, and embodies harmony through the integration of Heaven and Earth.
- O-Sensei, founder of Aikido said: "*Study the teaching of the pine tree, the bamboo and the plum blossom. The pine is evergreen, firmly rooted and venerable. The bamboo is strong, resilient, unbreakable. The plum blossoms hardy, fragrant and elegant.*"

Resources

- ❖ **Website:** <http://www.aikidoofberkeley.com/>



Kayla Feder





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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.



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