

Ending Internal Conflict

Self Inquiry in Motion

Sunday, September 16th

1pm-5pm

Matthew Lowes is a certified Systema instructor and has a black belt in Aikido, with over 25 years of experience as a student and teacher of martial arts.

Location:

**Best Martial Arts Institute
795 Almaden Street
Eugene, OR 97402**

Cost:

**\$50 At the Door
\$40 Early Payment**

This workshop will be an active exploration of internal states and their relationship to breath, movement, martial arts, and everyday action. It is open to practitioners of all martial arts and non-martial artists alike. No prior experience is necessary. The contents are intended to help anybody understand themselves better, see more clearly, resolve conflicts, and experience the unification of mind and body. This work is for anyone who wants to develop effortless, spontaneous applications and pursue insights into the spiritual aspects of training, whatever their art or focus may be.



What to Wear: Loose pants and a t-shirt

Note: We will start promptly at 1pm with important information, so please arrive early to make payments and/or change. Early payment can be made out to Matthew Lowes and can be delivered or sent to Best Martial Arts Institute.

Questions can be addressed to Matthew Lowes, Eugene Systema, at matthewlowes@gmail.com.