

Leonard Energy Training Hits New Strides

by Pam Kramer
ITPI President

*"When deep-down human change is concerned,
there is no more effective teacher than the body."*
- George Leonard

We were honored to provide a customized Leonard Energy Training (LET) program this month to a wonderful couple from Japan, LoAnne and Stan Olson. Inspired by their study of George Leonard's work, the Olsons have been conducting ITP-related sessions in their home in Tokyo for many years. Their interest in learning more about LET was spurred on by their decision to create a "gap year" program for high school graduates to prepare them for their next phase of life – be it college, work or personal explorations.



As LET teaches practical, alternative ways of dealing with life situations using the body as teacher, the Olsons felt it was a perfect fit for young people who are seeking to find their way in the world. We agreed and went to work to create a customized training program to teach them as many exercises as possible, and to provide background on the philosophy, history and lineage of this vast and dynamic practice.

Mastery teacher Charlotte Hatch, a 4th degree black belt in Aikido and member of the original ITP experimental group, masterfully led the series of 4 afternoon sessions at City Aikido of San Francisco.

Several teachers assisted Charlotte, along with other participants from various Bay Area ITP groups. While the training was designed specifically for our friends from Japan, all who attended shared a warm spirit of camaraderie and completed the program feeling energized, well informed and happy.



Art by Donita Decker

In LoAnne's response to the training, she wrote, "Thank you so much for your friendship and this phenomenal experience! I find myself centering and breathing, and grounding a lot more than before. We have already used the Energy Arm in our two meetings here!"