



Wellness in the context of Aikido practice is the process of fostering the physical, psychological and social health of students and instructors, allowing them to participate and grow while training/teaching Aikido. Dojo wellness: a set of attitudes, practices and priorities that foster growth, health, and well-being in students, teachers and dojo community as a whole.

What Are We Trying To Do?

The goal of the Wellness Working Group (WWG) is to provide information and resources so that Aikido instructors and students can make wise decisions about their wellness with respect to their Aikido training and community. However, each Dojo needs to decide what works best for them. We encourage Dojo Cho, instructors and students to talk about wellness issues. And, of course, individuals should work with their healthcare providers (and instructors) to determine what is appropriate for them. *(See our Principles & Justifications document for more about wellness, dojo culture, and our goals.)*

Who Are We?

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- Cheryl Whitelaw. Abundant Peace, Edmonton, AB: cheryl@kindpower.ca

Please feel free to reach out to any of us if you have questions, suggestions, or comments. Or, access our anonymous Suggestion Box on the WWG website, scan code below.

Where Can You Find Our Resources?

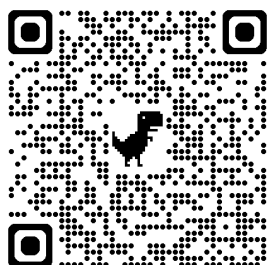
You can access our resources (including this flier) at <https://asu.org/wellness-working-group/>

Or use this scan code



How Can I Make Suggestions?

You can access the Suggestion Box directly using the scan code below. You may submit comments anonymously, or tell us who you are so we can contact you with follow-up questions.



Questions?
Suggestions?
Resource Ideas?
Concerns?

The WWG provides information to Aikido instructors and students to help them make informed decisions about their wellness. This does not constitute ASU policy or medical advice.

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