

# Become Who You Want To Be

## Embodying the Water Virtues

A Newfield Webinar  
With Stuart Heller, Ph.D., 6th Dan



**About Stuart Heller.** Dr. Stuart Heller has devoted his life to the study of change, learning, and embodiment. An acknowledged martial arts professor and master of Qi Gong originally trained in mathematics and operations research; he is also certified as a teacher of the F.M. Alexander Technique and as a hypnotherapist. Stuart spent a year as a scholarship student with Alvin Ailey's American Dance Theatre studying the art of expression. The heart of his doctoral research was developing a language of movement and energy that could serve as a template for accessing the magnificent treasures of the classical traditions.

Applying this research in teaching, Stuart co-founded the first accredited M.S. program in Clinical Holistic Health Education where he developed the academic discipline of Movement Psychology. He developed "The Presence of a Leader" modules for Fernando Flores' famous Leadership Program. For Newfield's first professional training, he developed the "The Presence of a Coach" program. Stuart and his wife Carol have opened several of Newfield's graduate programs with a language of movement module.

### Be a more powerful leader

By embodying a method linking verbal with nonverbal we activate every strength in the Five Rings family.

### Be caring, adaptable, open, and centered.

The non-verbal essence of Water is to be unbreakable, flexible, and flowing. Cultivate the qualities of acceptance and resilience. Learn simple and effective practices for working with the subtle movements and energies of Water. By integrating visual images with words and our internal exercises we achieve natural embodiment.

### Learn to build stronger relationships.

Connect and implement your declarations, insights, and peak experiences into your everyday life. Make short-lived thoughts part of your flesh and bone. Learn the secrets of embodiment long known only to master warriors, healers, and sages.

### The Water Virtues

We have developed a special webpage for each webinar that contains diagrams, key ideas and papers that you can use to practice on your own time. We support ongoing learning and individual practice by providing easy web access to videos of the movement exercises and slides to enrolled students.

*Draw out, strengthen, and  
refine what is natural for  
you to have.*

—Mencius  
Chinese Sage

**Join us** for WATER, the second of four courses in this Five Rings webinar series with WIND & FIRE to follow. GROUND available in April as a digital download.

#### Try it.

**FREE** Preview Call, March 5, at 12:00 – 1:00 p.m. eastern time.

Register at [www.newfieldnetwork.com/virtualllearning](http://www.newfieldnetwork.com/virtualllearning)

#### Webinar.

Wednesdays at 12:00 - 1:00 p.m. eastern time.

March 19, 26, April 2 and 9.

Tuition: \$299 (Water); \$1099 (complete series)

Register at [www.newfieldnetwork.com/virtualllearning](http://www.newfieldnetwork.com/virtualllearning)

**This Webinar is eligible for consideration for 4 CCEUs with the ICF.**