## Profile

David Ellard is a qualified Yoga Instructor, Personal Trainer, and a 4th Dan in Aikido. He has 20 years’ experience in Asian wisdom practices such as Qi Gong, Tai Chi, Meditation and Shiatsu.

David runs an organisation called Mind and Body Movement which offers Wellness Services to individuals, businesses and public-sector organisations through a combination of these, and other, disciplines.

David trains and teachers Aikido at Kamo Aikido in Buckinghamshire, under Antony Pinchbeck sensei.

This dojo is heavily influenced by the teachers Jan Nevelius shihan and Jorma Lyly sensei of Stockholm, Sweden, and their teachers Endo and Tissier shihans of Aikikai Hombu Dojo. All of these teachers emphasise contact and communication in their training and practice.

David was awarded his 4th Dan this February 2018 in Stockholm by Endo Shihan.

David is proud to be part of the “Aikido Ethiopia” project which is supported by aiki-extensions. He visited Ethiopia in 2016 in a role as a photographer to record the first yudansha gradings, carried out by Richard Strozzi-Heckler Sensei, in sub-Saharan Africa. He is looking forward to revisiting East Africa next year to continue work in both Aikido and yoga.

David teaches a number of hours of yoga each week and has received instruction from teachers in a number of lines of yoga such as Ashtanga Vinyassa Flow, Anusara, Iyengar, Sivananda and Yin Yoga.

David specialises in teaching accessible yoga in a gentle flow that focuses on bringing the physical, mental and emotional benefits of this practice to people who are less likely to attend traditional yoga classes.

David is always keen to meet and network with people working in all aspects of movement and mindfulness type arenas and can be found on LinkedIn here:

<https://www.linkedin.com/in/mbm-david-ellard/>

## Session

### Body Knowledge through Yoga for Aikidoka

One way of thinking about Aikido is looking to study how we can blend/unify our body and intention with that of our partner. One key aspect of creating this connection is to deepen our understanding and awareness of what is going on within our **own body**, so that we can better manage that relationship with our partner.

In Aikido, we always have the variable of our training partner. This is an amazing gift, and what makes Aikido such a deep practice with endless variations. However, it does mean that we are always dealing with multiple stimuli when harmonising our own energy with that of our partner.

In this session I will teach an “no-prior-knowledge-needed yoga class” designed to allow aikido practitioners to spend more introspective time learning and understanding about what is going on in their body whilst in yoga poses (asana) and through gentle flowing movements.

To finish the session, we will try applying some of these principles of self-knowledge in some gentle ai-ki exercises, that can in turn (if enjoyed) be incorporated into your own teaching and practice.

The session will be suitable for all whether you have tried any yoga in the past or not.