



*At the still point of the turning  
world.  
Neither flesh nor fleshness.  
Neither from nor towards;  
at the Still Point,  
there the Dance is.*

TS Elliot

*You are invited...*

*To a Dojo that brings together the best  
of the martial art Aikido with the art of  
hosting meaningful conversations to  
enter together a deeper place of  
inquiry and experience.*

## **Warrior of the Heart** **Kufunda Global Gathering**

### **Join us this August in Kufunda - for Warrior of the Heart**

Warrior of the Heart Dojo and Training in Kufunda Learning Village, Zimbabwe, Africa  
August 8th - 11th - all experience levels welcome  
August 6/7th - additional time for experienced practitioners deep dive.  
August 12th - community engagement day

Hosted and called by: Admire Gwatidzo, Bob Wing, Caitlin Frost, Fidelis Maruza, Marianne Knuth, Stephen Diwauripo, Steve Ryman, and Toke Moeller

At this time of global shift, the challenges are many and there is also much new breaking through, bringing with it much potential for learning, change and possibility.

To step fully and courageously into these spaces of uncertainty and change it is critical to develop and deepen in our own capacity for clarity, presence, fearlessness and love - with others.

The Warrior of the Heart Dojo is a place of conscious and deep personal and collective practice that brings together the best of the warrior and the midwife energies and capacities. It brings together elements of Aikido training, Art of Hosting and experiential learning to invite us into a deep place of training and inquiry in ourselves where there is potential for powerful transformation and wise, decisive action grounded in open heartedness.

The Warrior of the Heart practice has nourished and grounded our work and community here at Kufunda for the past many years. It is a foundation practice for our Kufunda Youth Programme, as they practice most mornings the art of finding their centre, and returning again and again to presence. A small group of Kufunda practitioners have built a Dojo with the support of friends from around the world. This will be our place of practice.

The Warrior of the Heart is also practiced around the world - from Brazil, to Bowen Island, and Colorado, Nova Scotia, Denmark and many other countries - in communities and in large and small organizational settings.

*It is with great joy that we extend this invitation to open our Dojo in Kufunda, to practitioners from across the world – for us to deepen our practice together, to cross-pollinate, and to experience the strength and wisdom of this practice - wherever we are from.*



## *Two events - flowing together:*

### **1. Warrior of the Heart Deep Dive for experienced practitioners. August 6th/7th**

Two days of diving into deep practice together with others who already have some time and experience in the Warrior of the Heart Dojo. We will have the opportunity to challenge ourselves and each other to stretch into new areas of practice, courage and heart beyond learning the basics of WoH. We will also prepare to step into some hosting and leadership of the All Levels WoH Dojo offering in the following days. (arrival August 5th)

### **2. Warrior of the Heart - Open Circle, All Experience Levels August 8th (evening) to August 11th, 2013**

Anyone interested to learn or deepen your practice is invited to join this intergenerational circle and dojo. New and curious learners, folks with a bit of experience, and long time practitioners are all invited to bring our 'beginners mind' and learn and share our gifts together in the 3.5 day training. We invite interested participants of all ages to join in this local and international Dojo.

### **Extra: Warrior of the Heart - Giving back to the Community August 12th, 2013**

A day of contributing to a nearby local community that will be a day of both working alongside local community organisers and also introducing some of the basic practice to them. It will be a deeper step into an African reality.

## **Practical Details:**

### **Timing:**

It is a residential workshop with optional morning practice beginning at 6.30 am daily. We will end the formal programme by 5 pm daily, but may have evening story telling and other evening treats.

**Basic Costs**, Includes food, basic lodging, material and minimum tuition:

455 USD per person for the WOH Open Circle, 715 USD for the WOH Deep Dive + Open Circle.



**Solidarity Cost:** Basic Cost plus a contribution to locals, and others, who cannot pay the full tuition. Internationals are invited to contribute an additional amount in support and solidarity with locals to enable their participation in this event:

525 USD for the Open Circle and 825 for the Deep Dive + Open Circle.

Local Zimbabwean Pricing: Is available to local Zimbabwean participants to enable participation. Please only covering costs of food and board: Please contact us directly for more details. You are warmly encouraged to join us if you feel called to this learning and gathering.

*Zimbabwe is a safe destination despite the at times negative media we have received in recent years.*

## More Practical Details

### Accommodation - Staying at Kufunda

Basic rustic accommodation is available at Kufunda in dorm-style rondavels, or small rondavels for a couple or family. For those who require a little more comfort there are two places nearby. Please contact us if you would like to pay more for more upmarket nearby accommodation.

### Bringing your family?

Kufunda is an African Village and so the inter-generational space is natural to us. We encourage families to bring their children. For those who have younger children, a kindergarten can be arranged for when they no longer wish to join the Dojo. For older kids we encourage them to join the Dojo itself alongside the many young Kufunda adults who are stepping into this practice of gentle warriorship.

### After-Dojo Wildlife Experience

August is a good time to experience the African Wildlife. We already know that there are some who would like to visit a national park park and will be putting together more information on good places to visit.

### Getting to Kufunda

Kufunda is a 15 minutes drive from Harare International Airport. Transport will be arranged from the airport for participants to the Gathering.



*"The secret of aikido is to become one with the universe."*

Morihei Ueshiba,  
Aikido  
Founder

## For more information and to Register:

To register: Please email [stephen@kufunda.org](mailto:stephen@kufunda.org)

More about the Warrior of the Heart:

<http://www.warrioroftheheart.net/WarrioroftheHeart/WELCOME.html>

More about Kufunda:

<http://www.kufunda.org/>

*If cost is an issue, but you would like to be with us, please do get in touch with us as we hope to be able to offer some partial scholarships.*



## Personal Words of Invitation from your Hosts

### ***Admire Gwatidzo***



The Warrior of the Heart is a peaceful training that helped to deepen my leadership and help me think with consciousness and ground. It is a practice for life that helps each one to discover themselves, and it is one of the powerful things that brings one a joyful life.

Kufunda to me is an oasis of learning where one discover her inner strength with consciousness , love and joy. WoH is the only training that gives you joy of life through listening to your inner wisdom .  
Welcome to Kufunda the right place to be and have fun and joy .

### ***Bob Wing***

“I sense that this gathering, the unique confluence of people, place, and time, holds a powerful invitation to us. The details of that invitation must, by the nature of these kind of invitations, reside individually, but the effect of it lives in a much larger field.

A simpler way of saying this is, “If this invitation touches you in a deep place, please come.” -Bob Wing



### ***Caitlin Frost***



For me this invitation arises from a deep place of knowing that this is core training and learning I need to be fully alive and available to the work I feel calling me in the world. And from the place of witnessing this practice calling others to their own strength in WoH dojos around the globe.

I have been moved and inspired for many years hearing stories of the people and place of Kufunda. And I know that the Warrior of the Heart practice has a deep roots there. It feels like time to be in the learning that can offer me and others, and to invite a deep dojo in the community of Kufunda, and the land of Africa - and be humbly hosted in this practice in this place.

And to gather in August makes it more possible to bring our children and teens - and there is so much we can learn and share with each other across generations. I want to bring my teenagers and to have them in learning community with other teens, children, adults and elders.

I am excited to invite, to show up, and to join with whoever else shows up to be in our learning and edge and offering together.

## ***Marianne Knuth***



It is with great joy that we extend this invitation to open our Dojo to practitioners from across the world – for us to deepen our practice together, to cross-pollinate, and to experience the strength and wisdom of this practice and its gifts, wherever we are from.

The Dojo has been me teaching me the sweet art of learning to flow with life - to work with whatever is arising in a given moment, and to meet it from my centre. In it I am learning that there is no such thing as an opponent, nor any need for me to respond to seeming challenges, or challengers, with force and violence. In the still point is where we meet, and that is where the true dance lies. I look forward to the deepening of practice and to the welcoming of new people. Children. Families. If we could, we would even welcome the animals. But perhaps they will simply witness and enjoy us as we practice.

## ***Steve Ryman***

As I review the tapestry of my life, I see three very strong threads over the past several years. Aikido, the Art of Hosting and Kufunda Village, have been life changing and life enriching. Aikido has taught me in my body to blend and flow with whatever life presents and skills in grounding, responsible use of power and finding harmony while avoiding conflict.

The Art of Hosting has provided a language of collaboration and participatory processes and an international network of friends who live and work by the principles of friendship, generosity and gratitude. Aikido is learned in a dojo with physical falls and throws; Art of Hosting practices conversation. Warrior of the Heart combines these in a practice that applies the principles of aikido and the Art of Hosting for people of all ages and physical abilities.

And now, the three threads are converging beautifully in a Warrior of the Heart training at Kufunda Village. I am excited to invite you to experience the vibrancy, energy and hospitality of an African village; to witness how a community has applied the principles of the Art of Hosting in the midst of collapsing systems; and to practice in the Kufunda dojo with a people who are practicing the skills of warrior and midwife in challenging real-world settings.



## ***Stephen Diwauripo***



It is my great pleasure to invite you to come and sharpen your peaceful leadership with in our dojo built through our passion for training. Bring your wholeness and joy to the Warrior of the Heart at Kufunda Dojo. I am inviting you to take a short break from your usual daily life pattern to come and ground yourself and sharpen your leadership with us. It is through practice that we get more strong and more flexible - and being more flexible we become more creative, and being more creative, we become able to lead ourselves.

## *Toke Moller*

As I practice being with KI  
my humanness arises  
joy flows as water  
connectedness a fact

Discovering moment by moment  
the basic instructions of the universe  
that are at the root of living

loving the simplicity

Guided by consciousness  
I arise to the subtle harvest  
of the secrets of the Heart

Where the midwife and the warrior  
Dances in harmony

Gratitude to be here  
Practicing  
As part of the bigger circle of life  
I find myself with all

In a more respectful way

Offering to practice peace  
Where ever I can  
With whom ever I meet  
Seems most worth while

This dojo is always open

See you there



- toke sejs 6 January 2013