

# Ending Internal Conflict

## Self Inquiry in Motion

**Sunday, September 16th**

**1pm-5pm**

Matthew Lowes is a certified Systema instructor and has a black belt in Aikido, with over 25 years of experience as a student and teacher of martial arts.

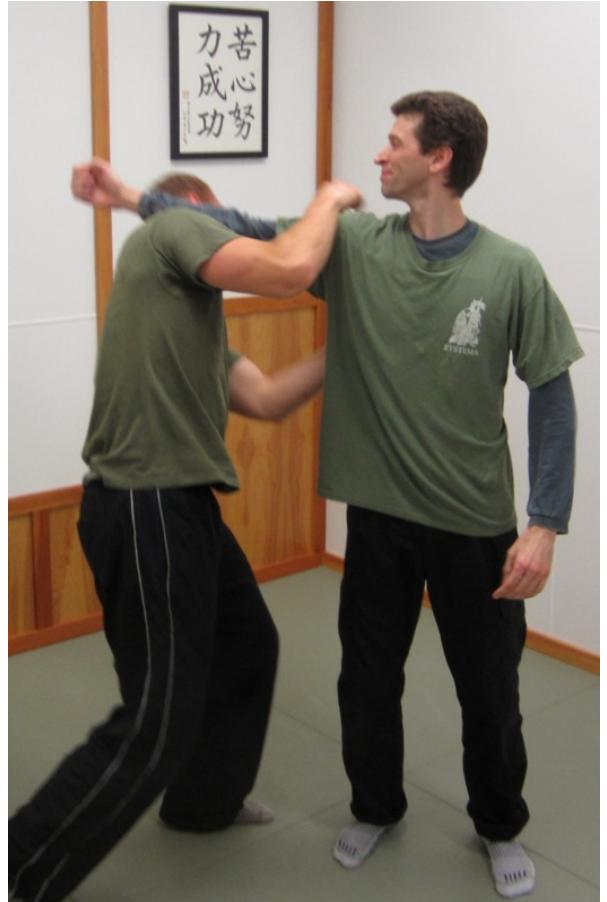
**Location:**

**Best Martial Arts Institute**  
795 Almaden Street  
Eugene, OR 97402

**Cost:**

**\$50 At the Door**  
**\$40 Early Payment**

This workshop will be an active exploration of internal states and their relationship to breath, movement, martial arts, and everyday action. It is open to practitioners of all martial arts and non-martial artists alike. No prior experience is necessary. The contents are intended to help anybody understand themselves better, see more clearly, resolve conflicts, and experience the unification of mind and body. This work is for anyone who wants to develop effortless, spontaneous applications and pursue insights into the spiritual aspects of training, whatever their art or focus may be.



**What to Wear:** Loose pants and a t-shirt

**Note:** We will start promptly at 1pm with important information, so please arrive early to make payments and/or change. Early payment can be made out to Matthew Lowes and can be delivered or sent to Best Martial Arts Institute.

Questions can be addressed to Matthew Lowes, Eugene Systema, at [matthewlowes@gmail.com](mailto:matthewlowes@gmail.com).