

Peak Performance in Daily Life

A Transformative Four-Session Aikido Workshop to Help You Reach Your Full Potential

Learn practical, embodied skills — relaxation under pressure, true connection with others, and sustained focus — practices you can apply to work, relationships, sports and personal challenges.

Fri. Aug. 21, 6:00 – 8:30 pm

Sat. Aug. 22, 9:30 – 12:00 noon

Sat. Aug. 22, 2:00 – 4:30 pm

Sun. Aug. 23, 10:00 – 12:30 pm

Beginners & aikidoka of all levels and affiliations welcome, ages 13+.

About Dr. David E. Shaner, PhD

As a martial artist, David Shaner Sensei holds an 8th degree black belt with more than 55 years of training in Ki Development and Ki Aikido. He serves as Advisor to the Eastern Ki Federation (USA) and the Eastern Europe–Russia Ki-Aikido Federation, teaching there annually since 1999.

Dr. David E. Shaner, PhD, is Principal of CONNECT Consulting LLC. For more than four decades, he has driven cultural change and measurable performance improvement for major global organizations including Nissan, Frito-Lay, Gillette, Duracell, Caesar's Palace, and Milliken. He created the Seven Arts change process, which integrates cross-cultural practices, world-class athletics, and sociobiology.

A former world-class skier, Dr. Shaner is Professor Emeritus at Furman University in Greenville, South Carolina, where he taught for 30 years. He is the author of four books and editor of 37 volumes in SUNY Press' "Philosophy and Biology" series.



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