

## BAPP WORKSHOPS

### • ALTERNATIVES TO VIOLENCE PROJECT (AVP®)

#### **Basic Workshop (Open to All)**

...community building and conflict resolution. Participants explore creative and caring ways of using peacemaking skills in their personal lives.

...intensive, 21–24 hour experience developing skills step by step. Participants in groups and one-on-one build their own community through exercises on affirmation, communication, trust and transformation.

...life applications. Participants find inner “Transforming Power” and role play real-life conflicts using their new skills.

#### **Advanced Workshop (for Basic Graduates)**

...intensive on causes of violence. Participants select workshop topic (fear, anger, power, forgiveness, “-isms,” etc.) and explore alternatives as a group.

#### **Facilitator Training (for Advanced Graduates)**

...intensive to become an AVP facilitator.\*

### • URBAN VISIONS’ I–KEY WORKSHOPS

#### **Basic Workshop**

...21–24 hour intensive on breath, posture and movement. Participants learn to receive an attack as a “gift,” avoiding harm to themselves or the aggressor, through exercises and role plays. Extends Transforming Power and AVP verbal methods to physical conflict.

#### **Facilitator Training (I–Key Basic Graduates)**

Eight-hour workshop on facilitating I–Key Workshops.\*

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\* Facilitator certification for both AVP and I–Key Workshops also requires apprenticeship under an experienced lead facilitator.

## WHAT’S A PEACE DOJO?

A “peace dojo” is a place to practice the Way of Peace: in fact as Mahatma Gandhi has said, “Peace is the Way.” The purpose of a peace dojo is to promote peace-building and to train “peace-warrior” spirit and skills. It is a “dojo,” because the setting and etiquette come from the peaceful martial art, aikido.

In a peace dojo people learn effective nonviolent action through training in aikido, verbal conflict resolution, meditation, group council and play.

Aikido prepares the body and mind to approach aggression as a “gift” of communication. Conflict resolution provides verbal skills that complement aikido in finding “win-win” solutions to conflict. Meditation prepares the spirit for peaceful combat through heightened awareness and breath control. Group council develops group nonviolence skills. Play provides the relaxation and openness to allow Love to transform crisis into opportunity.

Urban Visions, Inc. develops peaceful and effective responses to conflict in our community. Schools, social agencies, religious organizations and street groups all can be sponsors. Urban Visions has developed peace dojos in collaboration with public schools, religious and social organizations. PS183 Peace Dojo at a New York City elementary school is approaching turnkey status in its fourth year. Participants have ranged from 5 years old to adulthood.

Alternatives to Violence Project, (“AVP®”), a core to peacemaking at our center, began in 1975 when prisoners in Green Haven Correctional Facility and Quakers created workshops that decreased prison violence. AVP, now worldwide, brings peacemaking to communities and prisons.

I–Key Workshops extend AVP to physical peacemaking with training in a dojo setting on handling physical aggression peacefully. This is nonviolent action as Dr. Martin Luther King, Jr. and Mahatma Gandhi have taught us.

### NOTES ON WORKSHOPS

- They do change lives. Participants improve relationships. They handle anger, fear, aggression and victimization better. They work and play more happily.
- They are not family therapy nor psychotherapy, so we ask family members to take separate workshops.
- If you doubt that you can arrive on time and attend all sessions, please take the workshop at another time.

## WHY A PEACE CENTER?

When child kills child, glass shards fill gutters, weeds sprout in empty lots and open air markets sell drugs, we need heart, faith and energy to work at peace. Our Bronx streets are notorious, so when we work hard, well and wisely, people notice and ask what we're doing right. Some will help us struggle for liberation, healing, community and transformation.

We seek Transformation: the liberation of love. Love flows when faith becomes strong. Faith grows when we pay close attention to Life around us. We attend when we affirm ourselves and respect others. To transform ourselves and liberate our communities, we learn and practice respect.

## WHAT PEACEMAKERS LEARN

Peacemakers use skillful physical and verbal nonviolence to survive and gain respect: mean streets aren't "Pleasant Place." Therefore, we train them to notice what's going on around and to be real. Most important, they learn how to meet physical attack as an opportunity for transformation in which no one suffers needlessly. Peacemakers learn to organize the cooperative common struggle for peace and justice.

A Peace Village prepares peacemakers to transform themselves and to liberate their communities with gentle, determined force. They learn to let Spirit flow through their breath into word and movement. They learn how to center themselves deeply, to accept an attack as a "gift"— and how to re-harmonize their attacker. Peacemakers experience Transforming Power and shape their words and actions as its channels; this power will support them as long as they practice these skills.

Peacemaking skills also benefit self, family and workplace: the world rewards cooperators. They help babies to play gently, children to find win-win solutions and youth to organize for their community's fair share. As adults Peacemakers continue the cycle of healing, liberation, community and transformation, of oneness within Being (by any Name their faith may use). Humanity's greatest prophets call on us to praise Being with our lives: "There is no way to peace; Peace is the Way." (M.K. Gandhi)

## TYPICAL INTENSIVE SCHEDULE

**Friday: 6pm–9pm**  
Snack break.

**Saturday: 9am–9pm**  
Snack breaks, lunch and supper.

**Sunday: 9am–5pm**  
Snack breaks, lunch.

(Workshops also may break for worship.)

## INTENSIVE WORKSHOP FEES (2007)

	Deposit*	Request (min.)
AVP Basic	\$10	\$100 (\$50)
AVP Advanced	\$10	\$100 (\$50)
AVP Facilitator†	\$20	\$120 (\$50)
I-Key Basic	\$30	\$300 (\$250)
I-Key Facilitator†	\$30	\$120 (\$70)

\* Refundable up to 2 wk prior to workshop

† Including cost of manual.

NOTE: Scholarship assistance may be available..

## PEACE DOJO FEE SCHEDULE

Each sponsor sets its own dues or fees.

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**BAPP**  
**bronx**  
**action**  
**pro**  
**peace**  
of Urban Visions, Inc.

## EVENTS SCHEDULE

(Registration 212-228-0980)

### I–Key Workshops

Basic February 5-7, 2007  
Facilitator Spring 2007

### AVP Workshops

Basic 2007  
Advanced 2007  
Facilitator 2007

### Weekly Training

Peace Dojos Tues . Wed. & Thurs.  
Meditation (to come)  
Yoga (to come)  
Break Dance (to come)

### Seminars

(to come)