

Ms. Rancourt's teaching style emphasizes both the martial elements and Mindfulness Based Stress Reduction principles that allow for safe, productive learning in a Dojo or special workshop setting. Implementing the established methods learned from the late Thomas D. Osborn Sensei, (author of "Combat Related PTSD - A Holistic Approach" 101st Airborne VN) and Yama Kawa Dojo Founder, Flores Sensei (101st Airborne, VN,) Aikido allows the participant to re-train reactionary response, body, mind, and spirit. Ms. Rancourt has trained in Aikido 15+ years and holds the rank of Nidan (KanoAiki) and Nidan (US Aikido Federation.)