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GEORGE LEONARD was a writer, editor, and educator, who introduced Leonard Energy Training (LET), a practice for centering the mind, body, and spirit, to more than 50,000 people in the United States and abroad.

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A fifth-degree black belt in the revolutionary martial art of aikido and co-owner of an aikido school in Mill Valley, California, George Leonard is, "the granddaddy of the consciousness movement" (Newsweek).

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**George Leonard - Wikipedia**

Leonard was a co-founder of the Aikido of Tamalpais dojo in Corte Madera, California. He also developed the Leonard Energy Training (LET) practice for centering the mind, body, and spirit. [2] Leonard died at his home in Mill Valley, California on January 6, 2010, after a long illness and was survived by his wife and three daughters.