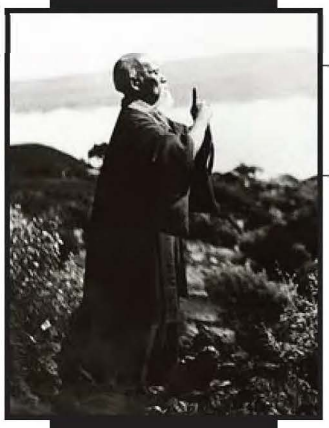
Shin Sen Dojo

PRESENTS



KI ENERGY CULTIVATION

Shin Ki Tao with Ken McLean Sensei

Ki is the energy of Nature and Life itself. It is related to the mind and spirit and when it comes through the body it expresses as deep health, vitality, calmness and inner strength.

It manifests as a special ability to influence people and events positively – to bring out the highest potentials for harmony, enlightened action and calm joy.

Includes:

AIKI YOGA – suppleness and tonification exercises for health, flexibilty and energy flow.

KI DEVELOPMENT – unification of mind and body through centering, grounding, Ki extension and development of Hara.

KOKYU HO – breathing practices for misogi (purification) and the activation of one's deep life power.

KI MEDITATION – achieving deep calmness, rejuvenation of internal energy and unshakeable connection to one's inner source.

AIKI TAISO – Ki development motion exercises – taking the unified state into action.

SHIN KI – Slow flowing set of movements practiced as moving meditation for Ki, harmony, self-defence and spiritual development.

DAILY LIFE APPLICATION

When: Wednesdays 6.30am-7.30am ..... Begins Wednesday 6th February 2019
and/or Saturdays 9.00am-10.15am ..... Begins Saturday 9th February 2019
Can do one or both trainings ..... *10 week terms (4 per year)*

Cost: For Dojo members – $270 per term for one training or $440 for both.
10% discount will be given to those who pay for the full year.

Bookings: To book your place phone **0414 461 169**

Training held at Shin Sen Dojo, 59a Boronia Street, Kensington.
Ken McLean has trained in Ki, Aikido and Aiki Healing Arts for over 38 years.
He founded Shin Sen Dojo in 1980.

Phone 0414 614 169 • www.shinsendojo.com.au

Aikido of Shin Sen "The Way of Peace"

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