



Shin Sen Dojo

PRESENTS

AIKIDO SUMMER KEIKO



3 day intensive Aiki Training with **Ken McLean Sensei**

A comprehensive and Holistic workshop on the various aspects of Aiki in the spirit of discovery through joyful and active practice. Set up a positive Ki for the coming year.

3 days: Saturday December 30, Sunday December 31 and Monday January 1 2024.
Saturday, Sunday and Monday 8am-11am and 4pm-7pm.
Six one hour sessions per day.

- Training covers all aspects of Aiki including Ki, Bokken and Jo.
- First hour of each day is Ki training, 2nd hour Aikido Basic.
- There will be a shiatsu session on one of the days.
- There will be a gathering in the last day.
- Open to everyone of all levels.

At Shin Sen Dojo – 59A Boronia Street, Kensington NSW
\$340 or for monthly members \$320

Ken McLean has trained in Ki, Aikido and Aiki Healing Arts for over 49 years.
He founded Shin Sen Dojo in 1980.

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www.shinsendojo.com.au