



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, flexibility 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 21st July 2010  
and/or Saturdays 9.00am ~ 10.15am ..... Begins 24th July 2010  
Can do one or both trainings..... 10 week terms (4 per year)

**COST:** For Aikido members ~ \$230 **per term** for one training or \$390 for both.  
For Ki only ~ \$250 **per term** for one training or \$430 for both.  
10% discount will be given to those who pay for the full year.

**BOOKINGS:** To book your place phone **(02) 9387 5840**

---

**Training held at Shin Sen Dojo, 59A Boronia Street, Kensington**

Ken McLean has trained in Ki, Aikido and Aiki Healing Arts for over 36 years.  
He founded Shin Sen Dojo in 1980.

**[www.shinsendojo.com.au](http://www.shinsendojo.com.au)**