



# Shin Sen Dojo

PRESENTS

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## AIKIDO SUMMER KEIKO

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

Traditionally, Summer Intensive is a practice over 3 days to set up a positive Ki for the coming year. It is also an opportunity to deepen one's Aikido and Ki training and experience new breakthroughs in a group atmosphere of misogi (purification) and enjoyment.

**3 days : Saturday December 30th, Sunday December 31st 2017 and Monday January 1st 2018. Saturday and Sunday 8am-11am and 4pm-7pm. Monday 8am-11am and 3pm-6pm. 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  
\$310 or for monthly members \$290**

Ken McLean has trained in Ki, Aikido and Aiki Healing Arts for over 43 years.  
He founded Shin Sen Dojo in 1980.

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