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Enso-Ki

It's a way of life

A one day energy workshop

With Chris Wood

To be arranged for 2009

This is a 1 day workshop exploring the world of energy how it affects us and how to use it to our advantage!



Enso-Ki is a gentle but powerful system of powerful life skills for all ages, heights, shapes and sizes! This day is a practical fun introduction on how to bring together all the elements one needs to live a healthy happy and confident life.

Enso-Ki is a blend of meditation, breathing, gentle martial arts, self awareness and personal development techniques all aimed at putting us back in charge of our life.

Enso-Ki has its roots in the martial art of Aikido the healing system of Reiki and non religious spiritual and personal development all these elements have been blended together in one dynamic system. In the past you may have had to go to 2 or 3 different classes to train in all these disciplines.

Learning and training with the Enso-Ki techniques will gently bring the body in to balance on all levels Physical Mental Emotional & Spiritual bringing a peaceful calm confident power to your everyday life.

The benefits of the Enso-Ki Workshop



Intuitive skills-Self confidence - Sense of well being

Uncovering your Natural healing ability

Achieving Core stability on all levels

Effective self defence skills - Awareness of self & others

Physical flowing softness & flexibility

*Enso-Ki is intended to help create people who are simultaneously
powerful yet peaceful, neither violent nor fearful.*



Workshop Content

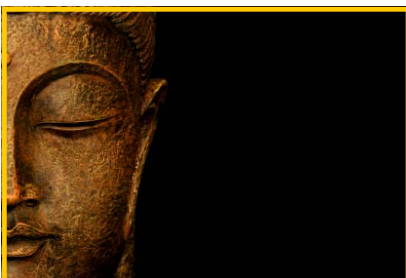
Energy Meditations - Breathing Techniques

*How to become aware of and work with your Ki
energy, the Universal life force energy.*

*Gentle physical stretch and flowing movement all
aimed at the aligning your mind, body and soul.*

Aikido/self defence techniques

*An introduction in how to use your natural
healing ability.*



Essential Information

Date: To be arranged for 2009

Venue:

"The Centre Mind Body Spirit"

Medway Pavillion

M2 Services

Farthing Corner

Rainham

Kent

ME8 8PQ

Travelling from London on the M2 until you reach Medway Services (Moto) this is 1 mile past Junction 4. Take the slip road for the services, as you come off take the **immediate turning left following the Sign for the Travelodge (A little bed sign) This takes you over to the other side of the M2 services The Centre is right next door to the Travelodge.**

Time: 10.00am to 4.30pm

Max: 12 people

Loose comfortable clothing to be worn, track suit etc – suitable for movement

Cost: £00.00 cash or cheque

Booking

To book your place on the Enso-Ki workshop contact Chris:

Call: 01622 600273 / 07956 624266

Email: chris@healingsolutions.org.uk

Introduce a friend!

Introduce a friend and get 25% off your workshop fee

Enso-Ki is an on going weekly class running in Maidstone and surrounding area.

For more information on joining Enso-Ki Ryu go to www.enso-ki.co.uk or call

Chris Wood (Chief instructor/Sensei)