

Ki (Energy) and Transformation Training



**Weekend Workshops at
The Pierian Centre in Bristol**

Ki (or Chi) is universal energy that flows freely when Body, Mind and Emotions are equally involved in our actions. Ki Training offers the chance to experience a state of free awareness, unhindered by preconceptions and prejudice, allowing us to deal with challenging situations freely, effortlessly and without fear.

Ki can be practised by anyone regardless of age, physical strength or fitness. No previous experience necessary.

Please bring a blanket and wear comfortable clothes.

- Dates:** Sat 11 & Sun 12 October 2008
Sat 1 & Sun 2 November 2008
Sat 13 & Sun 14 December 2008
- Times:** 10.30am – 6pm (Sat)
10.30am – 5pm (Sun)
- Venue:** The Pierian Centre, 27 Portland Square,
St. Paul's, Bristol BS2 8SA
www.pierian-centre.com
- Cost:** £125 / £75 concessions (sliding scale)
- Booking & Information:** **Richard Whittaker**, tel. 07823446106
<mailto:allisgood@conscious-connected.co.uk>
<http://www.conscious-connected.co.uk/>
for more info on Ki Training contact
Jörg Haesen, tel. (01524) 33410
<mailto:d.haesen@gmail.com>

Jörg Haesen has a light and playful approach to Ki (Energy) and Transformation Training, which has developed out of nearly twenty years of training and experience in martial arts, energywork, conflict resolution and holistic therapies. He is a qualified trainer for Integrative Breath Therapy, bringing the principles of Breath Work to all areas of his work. He has run workshops since 1999

