

# Experiencing Ki (Energy)

- The Art of Effortless Action -



**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.

This experience brings new consciousness and creativity to the 'normal' behaviour and reaction patterns that seem to rule so many areas of our lives. Exploring this new freedom in playful exercises enables us to instantly let go of old beliefs and blockages. In daily life we can then find ourselves responding with surprising ease and joy to the physical, mental and emotional challenges we encounter.

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 25 & Sun 26 April 2009  
Sat 9 & Sun 10 May 2009
- 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](http://www.pierian-centre.com)
- Cost:** £125 / £75 concessions (sliding scale)
- Booking & Information:** **Richard Whittaker**, tel. 07823446106  
[allisgood@conscious-connected.co.uk](mailto:allisgood@conscious-connected.co.uk)  
[www.conscious-connected.co.uk](http://www.conscious-connected.co.uk)  
for more info on Ki Training contact  
**Jörg Haesen** / [jorg@transformation-training.co.uk](mailto:jorg@transformation-training.co.uk)

**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

