



The Oregon Ki Society presents  
a four-week introduction to:

## **Ki Development**

(Shin Shin Toitsu Do)

When your mind and body are unified, you are able bring living energy, also called Ki, into your life. Increasing the amount of Ki you can call upon will bring out your true potential to live a healthy, happy, and successful life.

In this introductory session you will learn:

January 7 - Four Basic Principles of Mind and Body Coordination

January 14 - Ki Breathing Method

January 21 - Ki Exercises for Health

January 28 - Ki Meditation

**Time:** 6:30 to 7:30 p.m.

**Place:** Englewood Elementary School gym on 20th and Nebraska St NE, two blocks north of D Street

**Attire:** T-shirt and warm-up pants are appropriate

**Ages:** 18 and up

**Cost:** \$35 for the four-week session

**Register:** At the school on January 7th at 6:15 p.m. There is no pre-registration.

**Telephone:** 503-508-5354

**E-mail:** [info@oregonki.org](mailto:info@oregonki.org) (put the word Salem in your subject line.)

**Website:** [www.oregonki.org/locations/salem.php](http://www.oregonki.org/locations/salem.php)

Instruction is also available in Shin Shin Toitsu Aikido (Aikido with Mind & Body Coordinated) and Personal Kiatsu® (pressing with Ki for personal health).

The Oregon Ki Society is a non-profit educational organization serving Salem since 1982.