

Introduction to Kiatsu

for personal health

Learn a "hands on" feel for Kiatsu®, the art of healing with Ki (living energy).



Increase vitality and calmness, and enhance daily life through :



Mind and Body Coordination



Ki Breathing



Ki Meditation



Ki Health Exercises



Ki Pressing

When: Sept 21st & 28th and October 12th & 26th
Sundays from 1:00 to 3:30

What: Four 2.5 hour workshops. Covers the five components above plus each class is working with students on personal health.

Where: Float Shoppe, 1505 NW 23rd Ave. Portland, OR 97210
(503)719-4743 or visit www.FloatShoppe.com/schedule

Cost: \$80.00 Space is limited

Instructor: Cindy Lewis with the Oregon Ki Society

Introduction to Kiatsu

for Personal Health

Living energy does not flow well in a person who is ill or injured. Kiatsu® mobilizes a person's natural healing processes by restoring the flow of living energy. Ki pressing improves circulation, reduces tension, and enhances health. It also helps reduce or eliminate pain, stiffness, and swelling caused by stress or minor injury.

This workshop provides a formalized approach to learning the universal principles of Ki (Living energy). Students learn Kiatsu and Ki principles for improving health, increasing relaxation, and enhancing their daily lives. After students accomplish these goals for themselves, they can practice Kiatsu to enhance their family's health.

"Kiatsu has been instrumental in my path of healing. I would love to share this art with you."

Cindy Lewis is a Graduate of the O.K.S. Personal Kiatsu school and has been practicing since 2002.

This workshop is sponsored by the
Oregon Ki Societies Personal Kiatsu School and The Float Shoppe