



Welcome to the
**Ki Seminar 2010 with
SHINICHI TOHEI Sensei**

on Sunday, July 11, 2010, from 12pm to 3pm
at CU Boulder, Colorado.

Shinichi Tohei Sensei is the son of Koichi Tohei Sensei, the founder of *Shin Shin Toitsu Aikido*, Aikido with Mind and Body Coordinated. He is seeking to apply the principles created by his father to human communication and development.

He has conducted workshops and seminars for leading actors, corporations, business executives, educators, professional sports teams and individual athletes throughout Japan. He is also the author of *Kokoro wo Shizumeru (Calming Mind)*, published in 2009.

This class is open to anyone interested in learning about Ki, or "mind-body coordination", and its practical application to business, athletic performance, and daily life.



The Ki Seminar will take place in the Carlson Gymnasium at CU Boulder. Please see www.midlandki.org/2010/kiseminar.html for more information.

Fee: \$50 per person

You can sign up in three ways:

- 1-- Register online at <http://sites.google.com/site/kiseminarpublicreg/>
- 2-- call RMKS at **(303) 428-7100** in advance, then pay at the door, or
- 3-- send a **check or money order** made payable to "Midland Ki Federation" to:
Midland Ki Federation, C/O Rocky Mountain Ki Society
PO Box 11191, Denver, CO 80211

Share the experience with your friends, family, classmates, colleagues and club members: to receive a discount for your group of 3 people or more please contact derek_nabel@yahoo.com or call RMKS at (303) 428-7100 for more information.

Dress in comfortable clothes, best is T-shirt and knit pants. We will be learning on flooring where no shoes are allowed. You may join in barefoot or if you'd like to wear socks, make sure they are not slippery.

We are looking forward to meeting you at the seminar!