



The Vancouver Ki Society

Business Seminar Series – Foundation Seminar

Change is inevitable, growth is optional

The Business Leadership Foundation Seminar (Seminar 1) focuses on the basics of Mind and Body Coordination and their applications to leadership. This seminar is required for all students, as it introduces the basic language and concepts that all future seminars and applications will build upon.

Seminar Overview

Seminar format is from 8:30am to 4:30pm. (actual times may vary)

Morning

- **Four Basic Principles of Mind and Body Coordination**
This is the foundation of our training. It teaches natural posture of mind, body and spirit, calms the mind and how to perform to our natural potential
- **Ki Breathing**
Ki Breathing is a natural meditation that helps build on our concentration and deepen the calm feeling, dramatically reduces stress and improves energy levels.

Afternoon

- **Ki Meditation**
Ki Meditation develops and strengthens the mind, so that the daily stresses and demands don't disturb. This meditation is very active and can be carried into any activity in business or daily life.
- **Applications of meditation in business**
Control yourself before leading others. There is only one thing in life you can control – your mind. This lesson focuses on controlling your mind to maintain the feeling of Mind and Body Coordination in any situation. Maintaining this calm and positive state is key for those who want to be true leaders and engage their teams.
- **Specific business applications**
What specific issues or challenges do you have in your place? During this session, we will explore real-world scenarios tailored to the students' requests.

Location

Quarterly seminars will be held at the Vancouver Ki Society's Richmond school. These seminars will include students from multiple organizations, providing an opportunity to discuss and learn from the experiences of a broad range of leaders.

104-11031 Bridgeport Rd.
Richmond, BC Canada, V6X 3A2

A map and full contact information is available at www.vks.ca