



Vancouver Ki Society
**PERSONAL
KIATSU
PROGRAM**



**A Program to Develop Your Innate
Healing Potential**

Kiatsu is a registered trademark of Ki no Kenkyukai

PERSONAL KIATSU PROGRAM

The Vancouver Ki Society is pleased to offer a Personal Kiatsu Program in conjunction with the Oregon Ki Society's Personal Kiatsu School. This two-year program is the first of its kind to be offered in Canada.

MASTER KOICHI TOHEI

Master Tohei presides at Ki Society International World Headquarters in Japan. He began teaching outside of Japan in 1953 and today Ki Principles are taught worldwide. Master Tohei developed the healing art of Kiatsu based on his lifelong study of Ki. In 1980, he established the Kiatsu Therapy School in Japan as a place to learn Ki pressing techniques and develop living power. Today there are four professional Kiatsu schools in Japan.

VANCOUVER KI SOCIETY

The Vancouver Ki Society is a non-profit educational service organization established in 1985 to spread Ki Principles, Kiatsu and Shin Shin Toitsu Aikido as taught by Master Koichi Tohei, Founder of the Ki Society International. Tohei Sensei presides at World Headquarters in Japan. He began teaching outside of Japan in 1953 and today Ki Principles are taught worldwide. The Vancouver Ki Society is affiliated with the Northwest Ki Federation and the Ki Society International.

The Northwest Ki Federation is headed by Calvin Y. Tabata. He is an 8th degree black belt in Shin Shin Toitsu (SST) Aikido and a Lecturer in the Ki Society. He has trained for over 50 years and taught in the northwest for more than 35 years.

LEADERSHIP

Calvin Tabata, a lifelong student of Koichi Tohei, is head instructor and founder of the Personal Kiatsu School. Mr. Tabata is the only person licensed to operate a Kiatsu school outside of Japan. In addition to his expertise in Kiatsu, he is internationally known for his teaching of Ki and Aikido, being a senior Ki Lecturer, Eighth Dan in Shinshin Toitsu Aikido, and Chief Instructor of the Northwest Ki Federation.

Terry Copperman, M.D. is Director of the Personal Kiatsu School. Dr. Copperman has studied Ki Principles with Tabata Sensei for over 25 years, and has traveled to Japan to learn Kiatsu directly from Master Tohei. He has been a Ki Society instructor for decades with certification including Ki and Associate Kiatsu Lecturer, Chuden, and Fifth Dan in Shinshin Toitsu Aikido.

The Vancouver Ki Society Ki and Shin Shin Toitsu Aikido Program is headed by Roger Isaacs. He currently holds the rank of Sandan in Shin Shin Toitsu Aikido, Chuden in Ki Development, and is an Assistant Lecturer certified with the Ki Society International. Isaacs Sensei has been training since 1990 and has been teaching in Vancouver since 1994.

VANCOUVER KI SOCIETY

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BENEFITS OF PERSONAL KIATSU

Daily stresses can cause tension and mental and physical illness...

Kiatsu training offers you tools for healthy living. Improve the healing of injuries, relieve headaches, and reduce blood pressure and risk of serious illness such as heart attack, stroke, and cancer.

Many people lack the energy to accomplish all that they wish...

Learn to fully replenish and increase your energy each day and extend the flow of energy strongly.

In the midst of busy lives, concentration and calmness can be difficult...

Gain concentration and relaxation skills and prevent and ease stress. Learn to sleep more soundly, and have more calmness and energy in daily life.

WHAT IS KI?

Ki is living power. The visible tip of an iceberg floats on the water while the much greater portion lies hidden under the surface. Many think of human power as limited like the tip of an iceberg. Physical strength is visible, tangible and limited. But mind and spirit are invisible, intangible and unlimited. A whole iceberg is the sum of its seen and unseen parts. Our vast potential as human beings is realized by unification of mind, body and spirit.

PERSONAL KIATSU PROGRAM

The purpose of personal Kiatsu training is to develop our living power by utilizing Ki Principles, coordinating mind and body, and applying them to our daily lives.

The Personal Kiatsu Program provides a formalized approach to learning the universal principals of Ki. 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 families' health.

KIATSU (KI PRESSING)

Ki 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.

IN KIATSU CLASSES YOU WILL LEARN:

Unification of Mind and Body

- Maintain correct posture and balance to eliminate physical stress
- Relax completely to release mental and physical tension
- Develop mental and physical calmness and stability
- Fully activate your living power

Ki Pressing

- Learn the principles of Kiatsu
- Learn to press for tension related problems and minor physical injuries
- Learn Kiatsu techniques for pressing all parts of the body
- Practice pressing yourself and other students during each class session
- Self Kiatsu is taught to help you enhance and maintain your own health

Ki Breathing Methods

- Improve metabolism and overall health
- Draw out waste gases and richly supply fresh oxygen to the whole body
- Increase mental calmness and concentration
- Relax physically and feel spiritually connected

Ki Meditation

- Practice dynamic exercises
- Improve mental focus and calmness
- Deepen relaxation
- Unify mind, body, and spirit

Ki Stretching Exercises

- Stretch and lengthen muscles naturally
- Develop your flexibility

Ki Health and Oneness Rhythm Exercise

- Learn to coordinate mind and body in easy stretching movements