

Ki Exercises ..continued

Ki Exercises are a unique and exciting form of exercise and personal development system not unlike Tai Chi or a form of moving Yoga.

WHAT IS KI?

The word Ki means 'Lifeforce' or energy and is based on the philosophy of Holistic Medicine which points out that in all living beings is a Lifeforce which

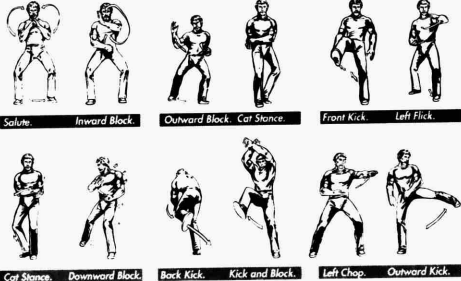
own life energy, possibly for the first time. This is similar to a mild electric current and is generally experienced by highly trained athletes. When this energy is uncovered you are taught to flow it through each part of the body using a system of smooth flowing aerobic movements rather like a dance. The effect is similar to charging a battery and is generally performed nonstop for a period of 15-20 minutes

harmony and flow to your life. Perhaps the most outstanding feature of the system is that the Ki Exercises become a tool for personal development and increased awareness - like a form of moving meditation. Through practice of the Ki Exercises you quickly develop a high degree of relaxation which allows you to focus on exactly what you are doing at the time. For

office, gym, etc. They can be used as a warm-up and cool down for any activity or sport or as a complete exercise programme in themselves. They are ideal for anyone - even those who do not normally like to take exercise find them enjoyable to do.

SCOPE OF COURSE

Suitable for those who wish to be self-employed, working from their own home or centre, in hired halls or other houses. A Ki Exercise teacher could deal with students on an individual or group basis. The beauty of this system is that the student can learn the basics over as short a period as a full weekend or over an 8-week period, 1½ hours weekly, 12 hours in all. Teaching can be continued until the desired level is reached. The student then has the complete routine which only needs a very small practice space and will need no further training. They can continue to practice on their own with the knowledge that even if they are the type of person that is always pressed for time the resulting benefits of fitness and life-enhancing qualities make this system a worthwhile investment. Ki Exercise is suitable as either a full or part-time career.



Ki Exercises combine the benefits of physical movement, concentration, meditation and relaxation. The Ki Exercise form is composed of a series of gentle flowing movements using martial art style blocks, stances, kicks etc. The exercises are commonly practised for 10 minutes in the morning and again in the evening. After practice one feels invigorated yet calm, alert and stress free. For this reason Ki Exercises can be practised at short breaks during the day to increase energy and reduce stress. The perfect exercise system for today's lifestyle.

can be increased through various means such as relaxation, fresh air, proper diet, and positive mental attitude and exercise. Many people have a tendency, through stress and worry building up in our lives, to block off or suppress this Lifeforce to the extent that the very tissues of our bodies become very tense. This resultant tension becomes the root cause of most physical and mental problems and can leave us feeling run down and low in energy.

UNIQUE SYSTEM

The Ki Exercise system is unique in that it begins by teaching us how to dissolve stress in ourselves and as a result become aware of our

at a time, at the end of which one feels completely invigorated. The system is ideal for persons of any age as speed of movement can be adjusted to suit the individual. These movements can also be practised to your favourite music.

THE BENEFITS

- With as little as fifteen minutes practice a day, the practice of Ki Exercises will:
- Improve fitness, health and wellbeing.
 - Dissolve tension and stress.
 - Improve co-ordination, mobility and balance.
 - Improve mental alertness and concentration.
 - Increase self-awareness and personal development.
 - Restore a sense of

example, if you are running, most likely your body is off running but your mind is off thinking about something else. But if you are trained in the Ki Exercise system you will have learned to focus on each movement that you make, and the resulting increase in energy will enable you to run faster, farther, and with less fatigue. This ability allows you to experience any area of your life to a deeper level, everything from business to relationships to listening to music.

THE IDEAL EXERCISE

Requiring no special clothing or equipment, the Ki Exercises can be practised in a small space at home, in the



Brendan Clifford, Ki Exercise Instructor

CONTENTS OF THE COURSE

- Philosophy of Holistic Medicine -
- The Ki Philosophy -
- Relaxation - Energising the Body and Mind -
- The Ki Exercise System - Aerobics -
- Use of Music - Applying the Ki Energy System to your Life -
- Teaching Techniques and Class Management -
- Basic Anatomy and Physiology -
- Business Course

EARNINGS

Generally, the fee is £50 for teaching each person the routine. This takes approximately 10-12 hours. A teacher would be able to deal with up to 20 students at one time.

Directors of Irish Health Culture Association & Irish Association of Holistic Medicine Diploma Courses

Martin Forde is a Naturopath and Osteopath, widely experienced in Holistic Medicine, including the Tony Quinn system. He holds qualifications from U.C.D. (B.A., Hons.), the



Martin Forde

Tom Quinn is Director of Studies and Consultant on all our Diploma Courses. His material and philosophy, resulting from his life-long research in the fields of health, healing, self and life-improvement, yoga, physical culture and philosophy, form the basis of all our courses. In the field of Holistic Medicine he is truly a pioneer having originated many of the most successful therapies such as Yoga Healing Therapy and Ki Massage. He is a Doctor of Clinical Hypnosis (State approved, California), and holds numerous other qualifications in hypnosis, psychotherapy, naturopathic

British College of Naturopath and Osteopathy (N.D., D.O.) and the Northern Institute Of Massage (Diploma in Massage and Physical Culture). He is a member of the British Naturopathic and Osteopathic Association and of the major U.K. registers in the Naturopathic/Osteopathic field. He has 19 years experience in the fields of Yoga, Massage, Dietetics and Physical Culture. Martin is President of the Irish Health Culture Association and is also President of the Irish Association of Holistic Medicine.



Tom Quinn

medicine and physical education. All of the teachers involved in the running of these courses have been trained by Tony himself.

Margaret Forde is a psychologist, psychotherapist and healing therapist. She is a graduate of U.C.D. (B.A. (Hons.), Psychology and Philosophy, Diploma in Applied Psychology, Higher Diploma in Education). She worked for several years as a school career guidance counsellor. At present she works as a healing therapist and psychotherapist with the Tony Quinn Group. She is a Yoga teacher and has trained many Yoga teachers in particular on the I.H.C.A. Yoga Diploma Course. She also teaches Ki Massage therapy. Together with Tony Quinn, she devised and teaches the Psychotherapy Course of the IAHM.



Margaret Forde

Margaret is a Director of both the Irish Health Culture Association and the Irish Association of Holistic Medicine.



Energising Ki Exercises.....photograph of Margaret Cowman.

For further details

Please send me your prospectus giving full details of all your Diploma Courses

NAME (Mr/Ms):

ADDRESS:

TEL: HOME:

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**Post to: Irish Health Culture Association
Courses, 66 Eccles Street, Dublin 7.
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