

Join the Northern California Ki Society for an  
in-depth seminar:

# Bodywork with Ki Principles



Saturday, November 1, 9 AM-4 PM  
Northbrae Community Church, Berkeley  
**Instructor: Pietro Yuji Maida, 7<sup>th</sup> Dan**

**Pietro Yuji Maida Sensei** is one of the highest-ranking Ki instructors in the United States. He is the Chief Instructor of the Northern California Ki Society and holds the rank of 7th Dan.

He began his studies with Koichi Tohei Sensei in the 1970's when he lived in Japan, also studying Aikido, Zen and other traditional cultural arts. Upon his return to the U.S. in 1980, he became a professional Aikido Instructor.

He has extensive experience in Rinzaï Zen meditation (as a student of Tanouye Tenshin Rotaishi), Japanese Swordsmanship (under Takahashi Eiichi), and Zentherapy® (with William "Dub" Leigh).

He continues to train under the direct guidance of Tohei Sensei, Kashiwaya Sensei and other senior instructors of Ki Society.

**For more information:** [info@kionline.org](mailto:info@kionline.org)  
or call: (510) 290-8640

**Northbrae Community Church**  
**941 The Alameda in Berkeley**

**9:00 AM-11:30 PM Ki Training**  
**11:30 AM-1:00 PM lunch (provided)**  
**1-4 PM: Bodywork Training**

**COST: Ki Training            \$50**  
**Both\*                            \$160**

## **Bodywork with Ki Principles**

We use the term **Ki** (in this program) for our intent or commitment. When our Ki is focused (or extended) and we commit our whole body to action, we can accomplish much more than with just our thought and movement. In the first part of the seminar, we will study the basic Ki Principles in order to achieve a relaxed state of mind and body coordination, laying the foundation for Bodywork with Ki Principles.

The bodywork portion of the seminar will provide the participant with an introduction and overview of methods developed by the teachers of Maida Sensei: **Kiatsu** from **Koichi Tohei** and **Zentherapy** from **Dub Leigh** and **Tanouye Tenshin Rotaishi**.

**Kiatsu** is the part of Aikido that focuses on the healing of injuries. It involves the application of pressure with the fingers and the extension of Ki into the ill persons body. **Zentherapy**® contain aspects of the deep tissue work of Rolf, the neuro-muscular re-education of Feldenkrais and the Ki training of Zen Master, Tanouye Tenshin Rotaishi.

\*(Scholarships for the seminar are available. Please contact us to arrange in advance.)

Co-sponsored by the Ki Research Institute  
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