

*25<sup>th</sup> Anniversary International Celebration!*  
**Okido Yoga & Shinkiko Seminar**  
Phoenicia, NY: May 28- 29-30, 2011 (Memorial Weekend)

*Ki Japanese Healing Wisdom*

**for Your Physical & Spiritual Health 25th Annual Japanese Healing Retreat**  
**Amazing teachers from Japan & Brazil**  
**Osamu Tatsumura, Masato Nakagawa, Koei Kuwahara**  
**Fernando Montoto, Kazuko Tatsumura, Masumi Takahashi**

This Seminar is for everyone. Let's learn to live a happy and healthy life through *Okido* (Japanese Yoga based on Shintoism, Buddhism and other oriental disciplines) and *Shinkiko* (healing of mind and body with *ki*). Our goal is for the participants to get a clear experience of the relationship between the mind and the material world, and to feel how a change in the mind-heart really does change our bodies and lives. This will be accomplished through lectures, exercises, treatments, harmonizing and unifying our breath, body, mind-consciousness, while experiencing and moving our *Ki*.

**What you experience may include: NCCAOM PDA 31 POINTS !**

- Oriental philosophy & diagnosis -*Okido* Japanese integrated yoga -Searching for positive aspects
- Special Breathing Exercises - Eye sight improvement - Meditation practice
- *Onnetsu* Far Infra-red Therapy - Shinkiko Harmonizing: *Ki* fusion - Purification of body, mind & spirit
- Healing through body- relation points - Various pain & stress relief techniques
- *Okido* concept of food; Vegetarian meals - *Shinkiko* for personal relationships and finances

**Some of the many great comments by past participants of Okido/Shinkiko Seminar**

*"The Okido Shinkiko Seminar was the most enlightening experience in my life. I am eternally grateful."* — D.L.

*"This workshop was a life-changing experience. I enjoyed all aspects of the teachings, healings, and the bonding with participants."* -C.M.

*"An incredible experience, loving teachers and kind people ...a marvelous foundation for self-discovery*

**WHEN & WHERE:**

Fri. May 27 6-9pm NYC Class / Sat. May 28, 10am—Mon. May 30, 1pm.

MENLA Tibet House Retreat Center/ Phoenicia, NY

Drive: NYS Thruway 87 Exit 19 to Rt 28 West (118 m) Left to Woodland valley Rd—Right to Tenderkill Rd

Bus: Port Authority 7am—Phoenicia 9:54am

**WHAT TO BRING:** Comfortable clothes, sneaker, jacket/sweater, own utensils, mug, pen, notebook.

**FEE:** \$720 (seminars + hotel & meals included).

**\$630 only** If registered by deposit \$100 before Mar 31. Single Room additional \$180. Fees refundable before 30 Days.

**GAIA Registration Form Please email or fax 212- 799-1661 or call 212-799-9711**

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_ D/O/B \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell: \_\_\_\_\_ Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Profession: \_\_\_\_\_ Who told you about us? \_\_\_\_\_

GAIA is supported by voluntary contributions of many kinds. Gifts at any level are deeply appreciated.

- ( ) Please register me for the Okido & Shinkiko Seminar, Menla May 27-30(\$720 or \$630 ) \$ \_\_\_\_\_
- ( ) Please register me for the Okido & Shinkiko NYC Lecture May 27 only (\$30)..... \$ \_\_\_\_\_
- ( ) Please charge my credit card for: .....\$ \_\_\_\_\_

VISA/MC# \_\_\_\_\_ Exp \_\_\_\_\_ S.Code \_\_\_\_\_

Signature-- \_\_\_\_\_ Date \_\_\_\_\_

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