



THE AIKI – PROJEKT

exploring – internals – weekend

with **JOCHEN ZIEGLER & MARC COHEN**

MAY 24th – 26th 2024 BERLIN

Ki is real. Basically, it is the energy at the origin of all life.... In the special setting of 'internal martial arts' such as Aikido, Taiji and others, Ki (Chi, Prana) can be explored, applied and self evaluated. During the workshop we will approach the study in a structured way inspired by the teaching of Masters coming from Japanese and Chinese schools. All participants will be able to try, test and self-validate the approach of unification and circulation of energy.

Indeed the path of Ki is also a spiritual path and the workshop may also be a way to get into this world noting that the way is individual, challenging, surprising, full of insights, leads to the unknown and is without an end.

Friday: 19h30–21h00 introduction

Saturday: 10–13h / 15h30–18h30 teaching & practising

Sunday: 10–13h teaching & practising

Fee: 75 Euro complete — 30 Euro per session

Location: Kikentai.Berlin Dojo, Palisadenstr. 49, 10243 Berlin

Registration: 0172 3162359, info@kikentai.berlin