



## **SEN SHIN NO GYO ( RIVER MISOGI ) 2012**

Everyone who is currently participating in Ki training and is in good health is welcome to attend. Sen Shin No Gyo is a Ki training to coordinate mind and body, and a symbolic and actual practice to throw away all things past and present in order to start out the new year clean and fresh. Please come with a positive attitude and plus Ki.

### Process of Sen Shin No Gyo

We will start with bell ringing ( Soku Shin No Gyo ) on the mat in the Boulder dojo. Then we will carpool quietly to Ebin G. Fine Park for training in the water ( Sen Shin No Gyo ). Afterwards we will return to the dojo to complete our training with more bell ringing. It is a tradition to go out for breakfast afterwards.

### **ITEMS YOU WILL NEED**

Bathing Suit worn under your Keiko-gi onto the mat

Protective footwear which you will wear into the river (flip flops are not recommended)

A towel

A bucket and a big bowl that fits inside the bucket (If the weather is dangerously cold we will do an alternate form of Sen Shin No Gyo)

### **SUGGESTED ITEMS**

Underclothes (to put on under your Keiko-gi after exiting the water)

Jacket

Hat

Gloves

Dry Socks and Shoes

Something clean to stand on

A robe to change inside of

Warm, non-alcoholic drink

### **TIME AND LOCATION**

Sunday, January 15<sup>th</sup>, 2012

Dojo Opens at 7:00 a.m. Be on the mat at 7:30 a.m.

Boulder Dojo

1925 55<sup>th</sup> Street, Boulder, CO 80301

The Boulder dojo subleases mat time in the Way of the Crane Dojo

Directions from Boulder Turnpike ( US 36 )

Take the Foothills Parkway (157) Exit and head North

Turn Right (East) onto Arapahoe Avenue

Turn Left (North) onto 55<sup>th</sup> Street

Turn Left (West) onto Western Avenue

The dojo is the first building on the right