



SEN SHIN NO GYO (RIVER MISOGI) 2013

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 13th, 2013
Dojo Opens at 7:00 a.m. Be on the mat at 7:30 a.m.
Boulder Dojo
1925 55th 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 55th Street
Turn Left (West) onto Western Avenue
The dojo is the first building on the right