

martial arts

health, fitness, & wellness magazine



Issue 3, March 2011

MARTIAL ARTS health, fitness, and wellness magazine is a valuable resource for information about physical and spiritual well-being in correlation with the practice of Martial Arts. MARTIAL ARTS health, fitness, and wellness magazine is your guide to better health, self awareness, fitness and inner peace.

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Kuroshinobi Ryu

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Quotes to motivate your training

- To Love is to be happy
- Sing at the top of your lungs
- Your truth
- Joy is love
- Be of service and find your truth path

-Karma Palden Sherab

Go Within to Find Health

Christopher Bashaw, RN

Imagine sitting quietly. Imagine a deep sense of peace and serenity coming over you. Imagine that you are totally aware of the present and that the past or future has no relevancy. Imagine limiting your stress and improving your health simultaneously. This is meditation. Meditation is something tangible to each and every one of us and can be done at the office, at home, or with a group such as an ashram, dojo, or meditation center. Meditation crosses the man imposed boundaries of organized religion, leading one to 'awakening' and possibly 'enlightenment'. It is accessible and affordable to all who choose it.



Since the 1930's studies have been done on mediation, declaring a viable option to health care. Research suggests that meditation may help such conditions as:

- Allergies
- Anxiety disorders
- Asthma
- Binge eating
- Cancer
- Depression

- Fatigue
- Heart disease
- High blood pressure
- Pain
- Sleep problems
- Substance abuse

Meditation is a way of becoming mindful, present in the moment. As one does this, the one side effect of meditation is that it reduces stress (can we even call that a side effect?). A study by the American Medical Association found that stress is a factor in 75 percent of all illnesses and diseases that people suffer from today. What diseases are we talking about that can be directly affected by stress?

- Sleep deprivation
- Depression
- Diabetes
- Hair loss
- Heart disease
- Weakened immune system
- Hyperthyroidism
- Obesity
- Obsessive compulsive disorder
- Anxiety disorder
- Sexual dysfunction
- Tooth disease
- Ulcers
- Cancer
- Gum disease



(I can already see a correlation between stress effect and meditation cure). Knowing this- why wouldn't we want to learn meditation and make a daily practice of it?

There are moving meditations; sitting meditations; Jewish, Christian, Buddhist, and Pagan slants on meditation; as well as medically based meditation practices. In fact I feel comfortable to say there is a meditation practice to meet everyone's preference and life style if they so desired. So, truly, there is a meditation path for everyone. There is even science backing meditation. If you took only 10 minutes out of your day (and come-one, we all have 10 minutes) we could then explore the benefits first hand. It really is that simple.

So if you have an inkling on learning meditation I suggest go to your local martial arts dojo, or yoga school, or meditation center and take a few weeks to gather the basics. And mindfully start a daily practice at home, and change dis-ease into harmony.

Christopher Bashaw, has been a RN for nearly 27 years, teaching meditation in hospitals and privately through the martial arts as well as Shugendo Yoga. To learn more www.thebookonmeditation.com /

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www.milfordrec.com

Kaizen 2011

Survive it!

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Join us for the worldwide Hoshinroshiryu's eleventh annual gathering and celebration of our founder Dr. Glenn J. Morris's birthday. This weekend event brings Hoshin-ka and students of budo together to explore and experience all of the many aspects of Hoshinjutsu which makes us unique and sought after.

***Kaizen 2011 will take place at a lakeside resort
one hour north of Lindsay, Ontario Canada***

This beautiful resort is located in the heart of cottage country with it's own private lake, and is surrounded by a rich coniferous and birch wood forest. The rocky outcroppings of the Canadian Shield gives the area character, and a serene energy that is sure to sooth your soul while it energizes your body and spirit.



Cost:

**Hoshin Ryu Members \$330 CDN until May 15
\$370 after May 15**

Non Hoshin ryu members \$370 CDN

Kaizen 2011 is an "all inclusive" event. The cost includes:

- Your accommodations for Friday and Saturday nights
- Saturday breakfast, lunch and dinner
- Sunday breakfast and lunch
- All Kaizen activities on both days

Registrations will not be accepted after July 1, 2011

More info: <http://www.hoshin.ca/kaizen2011.html>



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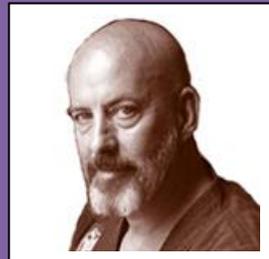
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We offer training in the eclectic martial art known as Hoshinjutsu as it was developed by the late Dr. Glenn J. Morris-socket, as described in his books: Path Notes of an American Ninja Master, Shadow Strategies of an American Ninja Master, and Martial Arts Madness.

The Hoshinjutsu system is a balance of both the internal and external sides of the martial arts, combining a combative self protection system, with an extensive chi kung and meditation program.

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The internal side of Hoshin teaches various chi kung forms, meditation, massage, and acupuncture techniques. The combination of these aspects creates a unique and sought after martial art.

Washin International



WaShin International purpose is to unite both warriors, healers, and warrior-healers in a scholarly venue where sharing, education, networking, and fellowship of like minds are brought together.

<http://www.thewashin.org>

Bring back the rich traditions of our lineages; healing and restorative arts, mystical arts, and energy arts.

Washin International is taking individuals of all systems and styles into its membership. These individuals are setting their schools and practices apart from the mall dojo's of today; teaching real budo, complete systems like the sohei, shinobi, and samurai of our past.

Join today and begin your journey!



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Crystal Healing

By Ann-Marie Jackson, LMT

Crystal Healing is an ancient energetic therapy, that has been used by many cultures, from Native Americans to the Chinese. When speaking of Crystal Healing, a practitioner may be speaking of any mineral/stone that comes from the Earth, and even includes the use of meteorite stone. These stones and crystals can be used to alter the energy in a room, and in a person's mind and body.



clockwise- Amethyst, Citrine, and Ametrine

The belief in Crystal Healing, lies in the crystalline structure of each stone. Each structure has its own vibrational frequency, that corresponds to the vibration of; a healthy organ, healthy emotional state, or energetic state. The colors of the stones are often used to correspond to the body's Chakra system. There are, basically, 8 Chakras in the body that loosely line up with our Endocrine system. The colors are, and some texts differ slightly; black, red, orange, yellow, pink, blue, purple, and gold.



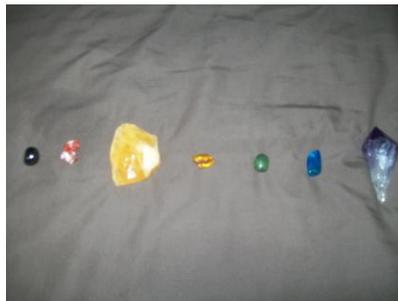
Meteorite and right, Quartz

For instance, one very popular stone, Amethyst, is used for aiding the mind in meditation. It relaxes the mind, opens it up to higher spiritual understanding, and doing dreamwork. Physically, it aids in healing lung issues, intestinal issues, and relieving headaches. Stones can be used for anything from helping to move energy more freely in a home, acquiring more money, relieving anxiety, to clearing up stuck energy within our bodies.



clockwise- Green Calcite, Ocean Jasper, and Azurite-Malachite

To use stones in healing, they can be laid upon the body, either in a pattern around the body, or along the Chakras, or they can be carried on the body, or laid upon the table prior to another healing treatment (such as massage). When choosing stones, take time to see which ones catch your eye, and if possible, hold them in your hands to see what kind of sensation or image they may emit to you. Stones must be properly taken care of by keeping them "charged" with your energy, and "cleared" of energies after each use. Burning sage, and letting the smoke cleanse them is a very good way to do this. Some stones can be lightly rinsed in a salt and water solution, or sea salt can be placed around them. My river and ocean stones, that I use for Hot Stone massage, like to be recharged by being left outside in nature for a few hours.



A Chakra layout with; Hematite, Carnelian, orange Calcite, Amber, Moss Agate, blue chalcedony, and Amethyst.

For more information on Crystal Healing, there are many great books written on the subject. Two of my favorite are; 'Crystal Power, Crystal Healing' by, Michael Gienger, and 'Healing with Crystals and Chakra Energies' by, Sue and Simon Lilly.

Ann-Marie Jackson is a Licensed Massage Therapist (L.M.T.) in the state of New Hampshire, and a practicing Herbalist for the last 10 years. Her office, Ann's Ginger House, is located in Lee, N.H., and you can reach her through Facebook, or at annsgingerhouse@hotmail.com

White Lotus Tantra

©

<http://tantra-mastery.webs.com/>

What is Tantra?

There are a number of different definitions of tantra from various viewpoints, not all of them necessarily consistent. The White Lotus Tantra (c) system identifies tantra as the practice of connecting with the soul. This heartfelt practice of compassion is done through White Tantra practice or advanced Red Tantric practice (Sacred Sexuality). The White Lotus Tantra (c) system is an eclectic mix of Buddhist, Vedic, and modern tantric practices made readily available to the people of today.

Tantra itself is an amassing of practices and philosophy which is characterized by the use of ritual, by use of the everyday to access Spiritual Bliss emotionally and physically by connecting at a soul-full level.

The Tantric practitioner seeks to use the chi, prana, ki, also called bio-electric-magnetic energy (divine power) that flows through all the universe (including one's own body) to connect to an individual; be it a lover, co-worker, or adversary. This can be both a mystical experience as well as an experienced based in the pleasures of the physical.

In the process of working with this sacred energy, the *Tantrika*, or tantric practitioner, has various tools at his or her disposal. These include yoga (Shugendo Yoga), to set in motion processes that will "yoke" the practitioner to the divine. Also key are visualizations exercises designed to influence the process as well as the spoken word as seen in mantras, which may be interpreted as seeing, listening internally, and singing with power into a powerful state within the individual, resulting in an ever-increasing awareness of cosmic vibration. This is further strengthened through daily practice.



Tantric practice is a quest for spiritual perfection and magical power. Its purpose is to achieve complete control of oneself, and of all the forces of nature, in order to attain union with the cosmos and with the divine. Long training is generally required to master Tantric methods, but the **White Lotus Tantra © system is the lightning path to Universal Love and Soul Connection.**

White Tantra consists of those schools that produce beings who are clean of all egotistical desire, anger, lust, envy, etc. Within the White Lotus Tantra (c) system this is a non-sexual approach to connecting to the Soul with only Unconditional Love and Compassion.

White Tantra is primarily concerned with meditative practices and utilizes the power of chi energy without the need of sexual physical contact with another. Divine chi energy is being either circulated within the individual or transformed between two (or more) individuals on the level of their energy bodies. Consistent White Tantra practice is known to raise the kundalini, liberate the mind, and lead one toward Buddhahood. The heart of White Tantra is Love.

The consistent training of White Tantric techniques form the basis of the White Lotus Tantra © system and are essential to its Red Tantric practice.

There are three White Tantra levels in the White Lotus Tantra (c) system; each building off the one before it.

All focused around Universal Love and Compassion and esoteric energy. These include, but are not limited to qigong, meditation, and simple yoga techniques. Each exercise can be added to one's own practice to make a richer and more meaningful tantra experience. Each level is 4 hours long.

Red Tantra primarily focuses on the sexual practice related to tantra. This is a feature that makes tantra so appealing to the sexually self-conscious, spiritually starved western society. And though the sexual union is considered the highest form of tantric practice, it can be, and is easily misinterpreted. Unfortunately the West has taken the term tantra and deteriorated it into solely pornographic material with no sense of spirituality, orgies (often with mind altering substances), and an idea where sexual pleasure and self-gratification overshadows the spiritual intent of self-realization, love, and soul connection. Tantra is a path of enlightenment and liberation: sexual liberation is an important pre-requisite, but do not think it is a XXX fun-fest. Red Tantra is SACRED SEXUALITY.

Red Tantra is the cultivating states of presence, energy flow, relaxation, harmony, and connection which is not always easy. A lifetime of hurts and other negative experiences have gradually limited our ability to be present and to express the essence of who we really are, fully and freely. We slowly become cut off from our feelings and the ability to experience our sexual creative energy in a connected, joyful, loving way. By incorporating White Tantra into Red Tantra practice the White Lotus Tantra (c) system heals on a multitude of levels.

Upon completing the three White Tantra levels one can explore the next two (levels 4-5) Red Tantra Levels. White Lotus Tantra (c) expands on the concepts of the previous three levels and expands on the Art of Sacred Sexuality. Incorporating rites and ritual, medical sexual health, esoteric energy and sex, and so much more.. Each level is 4-6 hours long.

Teach WLT White Tantra. Upon completing a Three Level WLT White Tantra Intensive become certified to teach LEVEL 1 and learn how to teach the remaining levels. Email Namaste@shugendoyoga.com to learn how to host WLT training in your area.

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Burn Out.....

By Tina Hohenadel

Do you feel drained, overwhelmed, overworked or maxed out? If so, you may be suffering a burnout. Burnout themselves can be slightly different for each person but the more common symptoms include:



- feeling drained instead of thriving or enjoying life;
- awakening with a dreading feeling each morning; feeling exhausted on all levels;
- feeling there is more work to do than what is possible to get done;
- unable to relax;
- feeling like you are barely able to get through a day.

Most people have felt a level of burnout in their lives at one time or another. Although circumstances do have a bearing

on burnouts our thoughts have a great influence on them. Not all thoughts are truthful and in the book, "From Burned Out to Fired Up" by Leslie Godwin MFCC, four myths which can lead to burnouts are outlined. These myths include:

Myth #1 Work Hard Now, Enjoy Yourself Later

The myth *Work Hard Now, Enjoy Yourself Later* was created when we were children and is further built upon in adult life. How many times did you hear "clean up your room, then you can go play", or "do your homework first then you can go out with your friends" when you were growing up? These messages continue into adulthood as the 'to do list' that has to be completed before sitting down to relax or having adult play time. Basically, the older we get the less time we have to play. The more life is structured around a 'to do list' the more it reinforces play is only done after work. Therefore, work can be seen as not playful/joyful but can rather something to be resented since it prevents us from doing what we really want to do. Vacations can also reinforce this myth. Look at all the work involved in



getting ready and travelling to your vacation to finally have a short time to relax and play. This brings up an interesting point, why can we relax when we are on vacation and not at home? The reason for is because we are away from our normal surroundings and the fact that vacations are seen as something that has been earned from all the hard work we endured.

During a vacation we remember how to play and what balance in our life feels like again. Typically, this feeling does not last. It

is easy to slip back into the busy world of packing, getting home and going back to our normal to do list routine. The relaxed, centered feeling we found on vacation is lost. We return to our normal work looking forward to the next vacation when we can relax again. The simple answer to this is to make

work joyful so it is not work-like and to find a balance between work and play time. Balance and perspective is an easy way to remedy this burnout myth.

Myth #2 Make Sure You Keep Your Life “Under Control”

Keeping your life under control, so there are no surprises is derived from one of the strongest emotions; fear. As adults we are shown our role is to take charge and be responsible. We can become so good at this that, we can easily extent these controlling thoughts towards others. We can falsely interpret that our thoughts can change others moods, behaviour or their happiness. For example, if someone doesn't answer our email then we start to wonder if anything we have said something that has upset them. We speculate that maybe they are ignoring us or worse they have decided to not be friends with us anymore. For many people, it is hard to grasp the concept that we can only do our part in leaving an imprint in others lives and then the free will of others needs to take over. Control is simply an illusion for which drapes and disguises our fears. When we free our need to control others (and ourselves for that matter) then we can discover who we are under all the fearful and compulsive behaviours.

Myth #3 Grown Ups Should Know What They Want to do With Their Lives

Many people are embarrassed to say that they don't know what they want to do with their lives. Since we have been young, we have been asked what we are going to do when we grow up. This myth is further cemented from the idea that as adults we have all the answers. Secretly many of us not only don't have the answers, we don't have a clue and certainly don't want others to know that. So how do we get these answers? This comes from asking good questions instead of thinking that we know everything there is to know. An excellent way to find answers is through quiet introspection or meditation and allowing the answer to come forth with no judgments or preconceived ideas. This is contrary to human nature which makes us feel having an open mind is not an asset. In fact, society teaches us that we should be finding more problems in order to live a more meaningful life. Problems are a part of our lives and having more of them, we are told, makes your life fuller. How very backwards that thinking is when it creates more fear, stress and problems.

Myth #4 External Growth is Better than Internal Growth

External achievements like a new job, promotion, or a pay raise are seen as great successes or accomplishments. Is internal growth seen in the same light? No. There is little recognition for personal internal growth despite the hardships to get there. Personal internal growth is lonely with no recognition or sometimes encouragement. This is how we can become so busy doing external stuff. We like, and need, recognition so by adding so much to our external growth agenda we can have more to be

recognized for. The busier our external area is, the less time and energy they have to dedicate to our internal growth. Not only can burnouts easily happen but also resentment and anger towards the loss of time for ourselves on a deeper level.

There are also two other sources which can contribute to burnouts. These are addictions to adrenaline and staying busy. Adrenaline is a dangerous fuel source and fueling your body with it means living on an



emotional, exciting, and exhilarating roller coaster. More importantly, it means going against the natural flow of life. Adrenaline makes work feel like work as there is always more of it to do. On the other hand, being in the normal flow of life feels more like playing. Many people find switching off their adrenaline addictions hard since adrenaline has slowly seeped into their lives and finding its source is challenging. Even reducing this adrenaline addiction towards a more natural flowing lifestyle can make things seem very slow in comparison. Adrenaline can also be linked with staying busy, which is another addiction. Keeping busy is a way to avoid feelings (like anxiety and depression) and allows you to keep the feelings of control and accomplishment high. When we reexamine our need to keep busy and begin to reduce commitments from our schedules it seems

we can quickly find something else to take the empty space. This happens because we have not looked at the root of the problem, the anxiety and control, which the busyness covers over. So it is important to first work through the roots of anxiety and control to make a more lasting effect on our schedule and our life.

You do not need all of these factors to suffer from burnout. As you can see, many of these factors interrelate so it becomes easy to have more than one factor. On the surface it may seem like burnouts are terrible things which have been created in our lives. In some light it may seem that way, but in other lights burnouts are good things. Understandably, if you are reading this while feeling completely exhausted and experiencing a life without purpose you may not agree this is a gift. This, however, does provide you with the motivation to reexamine your life. Take a look at how much attention as been placed on your external growth and reprioritize your life in a more meaningful way. Many of us have this knowing question deep in our hearts “what did I come here to do with my life?” This deep question hits the target on myth #3, the fact that we are suppose to know what we are doing in our lives. So many of us think that by doing something we will actually appear like we know what we are meant to do (we may even fool ourselves for while). That brings up a whole new side to this question. Is it more about *being* than *doing*? So, is the question really “what did I come here to **be**?” Think about the people in your life who have positively impacted you. Did they physically do something for you or rather were they *being* something? One person who positively impacted my life was my ninth grade drama teacher. I was a shy, invisible girl in his class and he encouraged me to shine just by paying attention. Once he asked the class for ideas for skits to present at the school assembly. I had an idea that I had been working on but was too shy to say anything, especially in front of my classmates. He sensed all of this and lovingly drew out my idea. Not only did we perform my skit but I played the leading role. The

school loved it and he used this to further encourage my creative abilities. He really did not do anything but 'was' something to me. By being fully present, or alive as I tell my children, we are able to do things but we can't *do* without *being* first. *Being alive means being in balance with your life and with those around you.* Being burnt out, stressed out, living on adrenaline or just too busy is not being in balance. Funny enough being burned out does allow you to do things but not what you may be here to do. You cannot find that without *being* it first. *Why just survive when you can thrive? Burnout is survival, thriving is being alive and in balance.*



Try this little exercise tomorrow morning. Instead of waking up and thinking of all the things you need to do, stop and think about *being* fully you. This may seem really hard at first since we live in a doing society, but things are changing and we have a need to develop our internal self as well as our external self. If you can be *you* wholly than what you are meant to contribute to the world will create itself, peacefully and without resistance. In reality, we spend our life trying to find out what to do and do it, rather than doing nothing and just being alive. Ah, we do make life so much more difficult for ourselves don't we?! It's no wonder so many people feel burned out. It's time to change, it's time to play, be alive and have balance in our lives. Start right now, be fully you!

Tina Hohenadel and her husband Mark Lawrence own and operate the Kawartha Hoshin Training Centre, in Lindsay, Ontario, Canada. (please see their ad).



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The Warrior Mystical Path of Kosho Hoho Yooga Kempo

By rev. Christopher Bashaw, RN, DD, PhD/MA, RMT, CNFT

Soke of Kosho Hoho Yooga

Throughout our history, in cultures as diverse as Japan to the Celts there have been legends of warrior healers, practitioners of the arcane lore of what we in the west call magik. Stories speak of great masters who studied stealth, combat, healing, and the occult/ hidden magikal aspects of their cultures. Legends go on to reveal men who walk through walls, climb ladders with rungs of swords and do not get cut, cast spells upon the enemy, and know the miracles of herb lore. These groups have gone by the names shinobi jutsu, Shaolin, Kosho Ryu Sohei, Knights Templar, Huna, Native First American Warriors, and the "warrior-bands" of the Fianna; but they are not limited to these. These individuals followed traditions, ryus, disciplines of training specific to their geographic region; they were the warrior, healer, mystic. They exist today in such arts as ninjutsu, dim mak, Hoshin, and Kosho. Due to the esoteric nature of their traditions many do not look deep into their 'magikal' aspects, but should that individual do so they would find a deeper, more expansive degree of study.

Though the traditions I follow are rich in eastern mysticism and spirituality if one looks for the similarity within all they will identify not differences but true parallels. What I hope to share with you is my tradition, the tradition of Kosho Hoho Yooga, or the Old Pine Tree Method of Unity and Self Discipline, a warrior-healer-mystical art in hopes to let others know that a warrior path exists in the mystical circles of today; and that eastern mysticism is a magik tradition all its own.

To understand the tradition and where it is going it is wise to look at the past. To do so we should begin with the history of kempo, a martial art out of Japan as it relates in our lineage as well as the influence tai chi has on the tradition; this is more our warrior branch.

Kempo (Fist Law)

The story begins with a short history based upon legend of the temple where Kosho Ryu Kempo was developed. In the year 778, Shozen Daishi was born. He was considered to be so adept that his people called him the Child of God. When he was thirteen years old he decided to become a monk, and he shaved his head and began his studies of Buddhism at Yakushi (Medicine Buddha) temple at the foot of Mt. Ikura, in Kyushu, Japan. One day Shozen Daishi climbed Mt. Ikura and was very impressed with the mysterious clouds he saw over Mt. Kinkai. In time, he built his home there. When he was twenty-one years old he enshrined a statue of Shaka, a Buddhist deity, in the house. A few years later he rebuilt that house (many refer to this place as shaka-in, but shaka-in simply means "House of the Buddha" and all Buddhists temples have a shaka-in).

At that time Kanmu, the emperor of Japan, became very sick and called for the monk in the hopes that Shozen Daishi would heal him. The Child of God was successful, and it was at that time that the emperor gave him the official title Shozen Daishi, which is a title of high mastery generally reserved for Samurai, and almost never given to anyone of lower stature. In addition, the emperor contributed huge rice fields and a large territory to the temple. Shozen Daishi died in 835, at the age of 57.

Around this time, the temple, Kinkaizan Dion-kyo ji, may have had close to 100 buildings in all. We know that in the year 850 Shaka-In caught fire and many of the then 75 monks' houses also burned. Later, in the 1100s, fire again ravaged part of the temple area in an attempt by marauders to destroy that temple.

Around the year 1235 a priest whom Masayoshi (James) Mitose (The man who brought Kempo to America) called his first ancestor became enlightened to what we now call Kosho; this priest is often referred to as Eizon Bosatsu. According to Mitose, this man was a martial arts master as well as a Buddhist priest studying at the temple who found it difficult to be both. His religion taught him pacifism; his martial art taught him destruction. He needed something in between. He decided to meditate on this apparent incongruity under a big old pine tree on the temple grounds- a sacred pine tree. Years earlier, a fire in the Buddha House had forced the spirit of the Buddha, which was believed to reside in that house, out of the building and into that nearby pine tree. Many monks would go to the sacred pine to meditate so they could be closer to the Buddha. After meditating there for a long time he finally, "with the help of God", came up with something amazing.

The monk came to an understanding of natural law, which gave him a perfect method of both defense and escape. He believed that true self-defense involved no body-contact. His methods postured him toward opponents in such a way as to make subsequent attacks continue putting the attacker further and further at a disadvantage. Using his enlightened strategies, the priest could make the attacker undo his own attack, and this could be done in a way that allowed for both to remain uninjured. The octagon would be used as a symbol for a method of movement in which jumping to particular angles based on timing and combative-distancing allowed strategies to be employed which confused and off-balanced the opponent. Eizon and succeeding generations of his family members developed the art of Kosho Ryu Kempo. The priest chose this name for his art to reflect its spirit and its origins; Kosho " Old Pine Tree" and Kempo "Fist Law".

Masayoshi Mitose said that at one time there were over 400 monks living and studying at the temple. These warrior-monks were a potential threat to the political control held by Konishi Yukinaga, the Daimyo of Kyushu at the time. It was for this reason that in the year 1588, Konishi sent 5000 samurai to destroy the temple. The 400 sohei (warrior monks) at the temple were defeated by the overwhelming mass of samurai, but still somehow managed to protect some of the most precious temple artifacts, documents, and the sacred old pine tree itself, killing off most of the Samurai. Konishi confiscated all of the temple's territory and burned down many of the buildings on the grounds, as well as the 49 branch temples in the area.

The head of Shozen Konishi was later removed by perhaps one of the most famous warlords in Japanese history, Kato Kiyomasa. Kato was the daimyo of nearby Kumamoto Castle and a very devoted Buddhist. Konishi was a Christian and had earlier gone against the samurai code of bushido by refusing to commit seppuku, ritual suicide, after being disgraced by allowing himself to be captured. He and Kato had been commanders together during the Japanese invasion of Korea years before. Kato held no respect for Konishi ever since his refusal to commit seppuku when he was captured, which in Kato's eyes, brought dishonor to Konishi, to himself, as well as to all samurai.

Thirty-two years later, the son of Kato Kiyomasa, a great samurai in his own right, named Kato Tadahiro rebuilt the temple. From that time on the martial arts of the temple became what Mitose called secret and hidden. They were taught only to family members in order to maintain tradition.

Kosho Ryu Kempo style of martial arts were passed on in secrecy for 21 consecutive generations until Masayoshi Mitose handed the art to the first non-Japanese in its history, an American named Bruce Juchnik. Masayoshi Mitose is reported to have hated the martial arts for what they did to people, but he knew that he could not let his family tradition die. Juchnik studied with Mitose; inheriting the art. Mr. Rick Wilmott, a practitioner of Shaolin Kempo Karate and a Master of that system, began to study with Juchnik in the 1990's. It is through this lineage that Kosho Ryu Kempo connects to Kosho Hoho Yooga.

Tai Chi Chuan/ Mystical Connection

The history of tai chi is a difficult one, since it is often difficult to sort out fact from legend and myth. But we can say loosely, at the very least, that tai chi traces its roots back to approximately the 2nd millennium o.k. to the practice of yoga in ancient India. In the 13th century a.d., a Taoist monk by the name of Chang Sang Feng developed what has come to be known as modern tai chi or tai chi chuan. Subsequently Tai Chi came to be associated with different families and regions in China. These family names came to designate the different styles of tai chi. The tai chi family or style from which all other current styles or families of tai chi developed is considered to be the Chen family. A man by the name of Yang, subsequently studied with the Chen family and later modified the Chen style, thus developing the Yang style of Tai Chi Chuan. The Yang style is the most common traditional style of Tai Chi Chuan practiced today. Tai Chi is often translated to mean "Grand Ultimate," or "Raising the Roof".

Tai chi arises out of two important philosophical texts in China: the Tao Te Ching and the I Ching. Both of these texts stress what the Chinese call "chi." Chi is an ancient Chinese concept designating a form of energy; life force or breath. The term literally means something like "breath," as does the ancient Greek word from which we get the word "spirit." According to the philosophy of tai chi, this energy or chi flows throughout the body, but can become blocked causing dis-ease or illness. According to Chinese medicine and tai chi philosophy, when one becomes ill the flow of the chi through the body becomes blocked or unbalanced. The Chinese

recognize several means for freeing up the flow of chi; two of the more commonly known forms in this country are acupuncture and tai chi.

In addition to its physical benefits, tai chi is said, by the Chinese, to have certain psychological effects as well. Tai Chi, as a form of meditation, is intended to help one understand oneself and to enable one to deal with others more effectively. This latter function is rooted in one's learning to control oneself. This self-control can come about through two principal notions found in the Tao Te Ching and I Ching. These two notions are the fundamental Taoist notions of yin and yang (duality). The philosophy of Taoism understands everything in terms of these two opposing principles. Though these two principles are seen as opposites, the one necessarily merges into the other, creating the natural balance of self and world, hence the classic symbol of tai chi (yin and yang). The tai chi form is meant to enable one to bring the principles of yin and yang back into their fundamental, natural harmony. The ultimate effect of this harmony, according to Taoism and Tai Chi, is one's physical and spiritual well-being.

In the West many know little of tai chi and its martial applications. But it is a martial art that relies on centering, using yin against yang, yang against yin, as well as its understanding and use of Natural Law. The slow moving forms create muscle memory and perfect form, so that one does not think in combat, he simply acts.

Kosho Hoho Yooga Emerges

In the 1990's Christopher Bashaw had worked in a small VT hospital where he was befriended by a fellow employee, Mike Denmeade. Mike was an accomplished shaman, healer, and martial artist (with over 25 years of study in karate, tae kwon do, nimpo-ninjutsu, and tai chi combined). Mike began to share Yang tai chi with Chris, as well as shamanism. Chris also studied another form of Yang tai chi with Rick Wilmott.

After Bashaw had received his Shaolin Kempo Karate (a young branch off the Kosho lineage chart) Black Belt from Wilmott he moved out of the school on the New Hampshire/ Vermont across NH to the seacoast. He studied many martial, healing, and witch/ shamanic traditions as he continued to practice and perfect his shamanic, martial, and healing skills. It was through this that he met Master Tenbu, a master of wizardry and martial ability and was then instructed in the five main- set forms (These tai chi forms not only are healing and spiritual, but also are the building blocks to a powerful defensive art.) by him, now practiced by all students in Kosho Hoho Yooga. Master Tenbu is also the individual who is responsible for the main stay of magik and shamanism that has been incorporated successfully into the system. He began to combine the teachings he obtain to a handful of interested students through the Mizu Tama Dojo (Water Spirit School) in Rochester, NH; the birth of Kosho Hoho Yooga.

On September 2nd, 2006 in Cleveland, Ohio, Christopher Bashaw of the Mizu Tama Dojo and the Kosho Hoho Yooga System was presented with the title of Soke, or "Family Head/ Founder" by The World Martial Arts Hall of Fame, Headfamilies, Headfounders, Grandmasters and Sokeship Council, legitimizing Kosho Hoho Yooga as genuine warrior, healer, mystical path. It was during the same event that Bashaw was awarded his eight degree black belt, and PhD in the Martial Arts from the organization.

Complete System – living the life of a warrior healer.

Bushido

Within the martial arts people discuss bushido. What is Bushido?

Bushido, literally meaning "Way of the Warrior", is the Code of Honor and way of life of the Ancient Samurai. In Kosho Hoho Yooga we follow Bushido, though we are not of samurai lineage, nor do we state to be we have adopted the bushido as our own. We have changed the original bushido slightly to meet the needs of the twenty-first century Kosho Hoho Yooga Practitioner.

There is an oath on which a Kosho Hoho Yooga practitioner must try to live up to; an oath that the practitioner takes silently to his or herself; following it everyday both in and out of the dojo (training hall):

Be true to your clan, your art, your family, and to yourself. Be without fear in the face of your enemies. Be brave and upright that you love Creator, as Creator loves you. Speak the truth, always, even if it leads to your death. Be impeccable with your word; speak with integrity. Say what you mean, and mean what you say. Do not speak ill of yourself or of gossip of others. Use the power of your words for love, compassion, and truth. Take no offence to anything on a personal level, for what others say and do is of their own reality; their own dream. When you are immune to the opinions and action of others you will not be the victim of needless suffering. Do not take anything personally; nothing another does is because of you. Do not make assumptions. Find the courage within to ask questions and express what you truly want for the Highest Good. Communicate with others clearly so as to avoid miscommunication and drama. Your actions are thoughtful acts, not reactions. Your actions are done for the Highest Good. Always do your very best. Understand that your best will change from moment to moment; depending on the circumstances, your health and the timing. Safeguard the helpless, and do no wrong. Always mind your surroundings. You must become more than just a man in the mind of your opponent. Theatricality and deception are powerful agents; use them for the betterment of the righteous. Remember that the hardest, deepest, most meaningful journey is the journey inwards. If you make yourself more than just a man, if you devote yourself to an ideal, you become something else entirely. Are you ready to begin?

That is your oath.

So what does this mean? It means much, yet it means little. Sound hokey? It might seem how society is in the 21st century; seeing how most martial arts are in the 21st century. But let me assure you, Kosho Hoho Yooga is far from hokey. But, we are human and must find attachments. With this said let me explain what Kosho Hoho Yooga is further, remembering words themselves cannot fully define the art.

We are an internal art. What do we mean by internal art? First we must describe what a martial art, or warrior tradition is. A martial art can be defined as a system of techniques, physical as well as mental exercises developed as an effective means for self-defense, both unarmed and with the use of weapons; designed to be learned as a methodology of practice. A martial arts system is a codified set of practices and traditions of training for combat.

To quote "Stonwulfe" martial arts are,
"... supposed to be a physically, mentally, and spiritually beneficial activity; a source of enlightenment and a path for healthy living and longevity."

"External" styles tend to emphasize body mechanics, leverage, and applied force. They tend to use weight, strength, positioning, and anatomy to optimal advantage. 'Typically' external styles are hard. Tae-Kwon-Do is an example of an external style. "Hard" styles tend to direct energy outward and meet force with force. They will tend to strike more, and deliver more force with each strike. Hard stylists will often damage with their blocks, turning them into attacks. They deliver more physical power, and thus are harder to turn aside, but they are higher commitment, and thus don't recover as well from mistakes.

This is where the tai chi portion of the blend comes into place in Kosho Hoho Yooga. We use specifically designed forms that are learned is secession; teaching muscle memory, balance, chi concepts, foot work and economy of motion to name a few. These forms are unique to Kosho Hoho Yooga. The forms may resemble a slow moving dance, but in actuality they are the fundamental basis to a deadly combative art when used effectively.

Kosho Hoho Yooga is a passive art. By passive we mean to say we are not the aggressor. In fact Kosho Hoho Yooga practitioners train in such a manner, using the theories and concepts of Natural Law, that the aggressor "throws the first punch". This does not mean that we are pacifists and will not or cannot fight. No, it means we adopt a Buddhist viewpoint to ending suffering; ending conflict. To do so, cumulatively, we must strive to end suffering and conflict first within our self, then on the battlefield.

The Buddhist view point of suffering is that life is suffering. To live, you must in turn be subject to suffering. It is impossible to live without experiencing some kind of suffering. We have to endure physical suffering like sickness, injury, tiredness, old age, and eventually death and we have to endure psychological suffering like loneliness, frustrations, fear, embarrassment, disappointment, anger, etc. What this further means is to simply say that to live is to experience physical and psychological suffering, which is a statement so true and so obvious

that it cannot be denied. The central concept of most religions is a myth, a legend or a belief that is difficult or impossible to verify. Buddhism starts with an experience, an irrefutable fact, a thing that all know, that all have experienced and that all are striving to overcome. Buddhism goes right to the core of every individual human being's concern - suffering and how to avoid it. In Kosho Hoho Yooga we take that a step further.

We acknowledge that the "aggressor" has internal conflict, which he in turns manifests externally. This causes him a fair amount of suffering, so he lashes out physically. We are then the projection of his physical manifestation of suffering. Believing that to remove the conflict, removes the suffering, we place our body, our center, off line of the initial attack. If the suffering is over, the conflict is resolved and the fight stops there. Both walk away. But if the same "aggressor" chooses to continue the suffering, he will then again attack the very center of our being. Once again we move. If we continue to move off line, we escape the conflict our self. Ultimately we can do this all day. This is TRUE SELF DEFENSE. This is the practice of the escaping arts. The highest form of self-defense where there is no body contact. If we choose to end the immediate conflict, where the "aggressor" cannot, we then implement the next stage of self-defense, the controlling arts. This typically manifests in the form of a throw or a joint lock, where the aggression, the conflict, is controlled causing no harm to our self and minimal harm to the "aggressor". We in turn end suffering, as temporarily as it may be. If, and only if, controlling the individual does not work, or there is a greater danger to our self or another, which may arise from this conflict, the destructive arts are lastly implemented. A Kosho Hoho Yooga practitioner uses this when all else fails, only as a last resort. The end result is a swift break down of the attacker. By this we mean physical damage is caused to the body of said aggressor, disabling the attack to continue. The ancient sohei of Japan would take this one step further if needed, resulting in death, but even at this point it was done swiftly, painlessly and only out of compassion, when all else had failed. For obvious reasons this ancient acceptance of the war arts are not practiced today in the 21st century.

In the end, none of our skills work if we throw the first punch. We move twice in all combative situations, basing that all fights have at least two movements. Our goal is to end external conflict as quickly and as compassionately as our aggressor will allow us. We believe all life is sacred and to be honored, even that of our sworn enemy.

An experienced practitioner of Kosho Hoho Yooga realizes that it is not brute strength that prevails, but patience, compassion and strategy; for he will use but 4 ounces to move 1000 pounds, and defeat his foe without physical contact at the highest of levels. It is at the higher levels where the student learns of chi, healing, and wizardry, using that as the mainstay of a fight over physical confrontation.

We are Warrior Healer Mystics. Ask a Kosho Hoho Yooga practitioner to explain his art and often he will describe himself as a Warrior Healer. What this means is we practice a complete art based upon the ancient sohei of 1235 where Kosho Ryu Kempo originated.



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Let us explain what we mean by the term "complete art". In general, every art has its strong and weak points, and each has something to offer to the glossary of martial arts techniques. Some work on the ground, some for their kicks, and others for their strikes. We go beyond that in Kosho Hoho Yooga. We look at what our ancestors studied at the temples, and attempt to recreate that in a model applicable for the 21st century westerner. Practitioners of Kosho Hoho Yooga not only have competent fighting skills, but they are well rounded studying and growing in both the spiritual and healing arts as well as martial application.

Warrior- an individual trained in the skills of warfare. But, unlike a soldier who acts as and when he is told (no matter what the assignment each link in the chain of command does not think independently of the collective) a warrior is more balanced and thinks independently according to the code he has chosen to live. The sohei, the samurai, the Native First American braves are considered warriors. Skilled in war, but able to choose peace at a moments decision.

Healer- A healer is a practitioner of health practices who works with, rather than against, the natural self-healing properties of the body. They bring balance and harmony to the body, the mind, and the spirit. Healers are said to heal because all healing comes from within the body rather from external treatments; and external treatments are used to facilitate harmony within the body. It is said those who can heal may also become deadly combatants; for they understand the body and its function. They then use that knowledge, applied as wisdom, to resolve conflict. If you know how to heal the body it is only logical that there is a brief transition on how to harm the body.

So a Warrior Healer in this sense is to be complete. He can fight using whatever methods are needed to resolve the conflict on or off the battlefield. He first heals himself and then acts as a conduit for healing to others. He is the ultimate shaman.

Shamanism- The term shaman is derived from the Tungas language of Siberia, it is a generic term for healers and spiritual leaders in tribal societies. Some say it translates to "trickster"(I think of it as 'tricking' the person in healing or combat to obtain my desired result). Shamans (Shamankas in the feminine form) practiced in every known culture, many of which are still active today. Shamanism is said to be over 40,000 years young and is in every aspect of organized modern religion today, though in and of itself it is not a religion, but a spiritual practice. Through a variety of techniques the shaman "tricks" the self into ending conflict, both on the battlefield and inwardly. As a healer he uses herbology, Reiki, massage and so forth to heal. As a warrior he uses deception, energy manipulation, psychology, and theatrics to persevere. As a mystic he travels into the spirit world for knowledge and learns the supernatural aspects to increase energy, change outcomes, in a sense he is a wizard of magik.

It is through the culmination of studies taught over time that a Kosho Hoho Yooga practitioner melds the Warrior Healer from 2 separate aspects into 1 whole.

A Warrior Healer understands that life is a simple thought; that we are pure energy. Manipulate the energy and one manipulates the moment.

We are not ostentatious. We all wear a white belt. We are not saints. We swear, and sin also. But we strive to live a good life in and out of the dojo. Making our choices for as Higher Good; working on our own lessons in life; learning as we go. We strive to continuously learn and to be humble in our approach. Yes, if you see a gathering of Kosho Hoho Yooga students you may not be able to tell a seasoned master from a new student by simply looking, for they all dress the same. How you will tell is by the proficiency of their skill. Respect is given to all regardless of rank or title; for a belt or fancy title to make one feel important is feeding the ego and in Kosho Hoho Yooga the ranking system is set so as to minimize this. Instead our practice is to treat all people with respect, for we each are deserving. We do not need a colored belt or fancy title to identify people. That should be done on merit alone. And so it is and should be.

We are all POWER-FULL. Not powerful, but power full. Students of Kosho Hoho Yoga study healing, martial application, spirituality, shamanism, herbology, concepts, philosophy, history, art, magik, and more. We are more than hitters, grapplers or kickers. We do not fight for sport, but serve as a positive addition to our society. You will not be able to tell us apart out on the street. But when compared to other systems of martial training you will see a significant difference. We are a complete art. We strive for a holistic approach to being. We are Kosho Hoho Yooga, The Old Pine Tree School of Unity and Self Discipline.

So the short definition of Kosho Hoho Yooga: An American eclectic martial art blending tai chi, kosho ryu kempo, shamanism, magik, and healing into one unique system. It is martial. It is a healing system (yes, even the forms are created with healing, spiritual and/ or martial applications; all dependent on the intent of the practitioner). We are a magik system that incorporates the blending of eastern thought with western magikal practice. It is a philosophy and an art of study. It is a way of life. It is not easy, but yet most things in life worth doing well are not either.

So in conclusion

Kosho Hoho Yooga is an art, a system of study, which blends martial arts, healing arts, and mystical arts; it is "The Path of Knowledge". It is for people who follow a path of the ancient ones. The warrior path is not for all, but it has held its place in history, and Kosho Hoho Yooga is one route along that path for some to take. Today many associate warrior with soldier, which as we stated earlier misidentifies both. To be a mystical warrior one must sustain his uppermost standards and morals, whereas a soldier is compelled follow orders regardless of thought or morals. Walking the warrior path translates being with honor at all times, doing the right thing physically, emotionally, spiritually and magically. If you are looking for a warrior, healer, mystics path look into your own traditions, I am sure if you dig you may find that branch of your tree. Find a tradition and a teacher to walk your path with. And with that the blending of magik and martial will emerge.

Christopher Bashaw is soke of KHY Kempo and runs Bashaw's Martial Arts Academy.

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How Tantric Meditation Can Heighten Orgasms

By Julie Avena

Meditation practices can help you have better orgasms, according to Ashland based Tantric Educator and Intimacy Coach Julie Avena. Engaging in breathing exercises, visualizations and meditation can assist lovers in experiencing more pleasure and connection behind the bedroom door. A private one-on-one "Sacred Love and Intimacy Training" combines yoga, breathing exercises, health coaching and spiritual counseling to help students create their own solo Tantric Meditation practice.

"Many people associate 'Tantra' with exotic sexual rites, but really it is a spiritual path," says Avena, who has been coaching couples and individuals on sacred sexuality in the Rogue Valley. "The word 'Tantra' literally means 'the great weaving' in the ancient language of Sanskrit. In my teachings, Tantra is a weaving our sexual energy with conscious breath work, energy awareness and spiritual presence. The practices help open our hearts to more love and pleasure."

Although many traditional spiritual practices suggest one cut out sensual awareness in order to create a clear unadulterated mind, Avena's teachings suggest otherwise. "In Tantra we enthusiastically engage in the senses. Sexual energy is probably the most potent force of creation if it is connected to spiritual love. When you consciously breathe the energy of the orgasm into your brain, you can have a transcendental experience."

Avena first participated in Tantric Meditation when she was 20 years old. "I was at a point in my life when I was seeking deep healing for my sexual wounds of the past. Suddenly I found myself in a month long intensive studying Tantra. When I experienced a full body orgasm simply by breathing and meditating by myself, I knew I had to share this work with others."

Over the next decade Avena trained to be an herbalist and nutritionist, developing a clinical practice focused on reproductive health care. "A healthy body is essential for a Tantric lifestyle. One cannot move sexual energy through the body and have a spiritual experience without being free of blocks and resistances physically, mentally or emotionally." In the Sacred Love and Intimacy Training she integrates practices for Body, Mind and Spirit.

The program is intended for men, women and couples to create tangible stepping stones for sexual healing, spiritual transformation and integration of the modern western Tantric Arts. The training is educational in nature, where student and teacher can eventually engage in interactive tantric meditation exercises and deeply transformative healing sessions. Students will most often leave each meeting with exercises to practice in the privacy of their own home.

"I have people from all walks of life enter the program. Many are single and are simply curious, some want to heal their sexuality, others are in a relationship and desire more intimacy and connection with their beloved." No previous experience with meditation is necessary. "These

practices come naturally to just about anyone. If you can breathe, then you can learn how to be Tantric."

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Julie Avena is a Tantric Educator, Clinical Herbalist & Nutritionist, Shamanic Energy Healer and Spiritual Intuitive with a passion for Sacred Sexuality. She maintains a private practice in Ashland, Oregon, working with people all over the world offering coaching sessions and tantra training over the phone and internet. Visit her website @ <http://www.ShaktiBliss.com> for FREE podcasts, articles, an "Ask Miss Bliss" tantric advice column, and special offers through her email newsletter.



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How to Prepare Yourself For a Street Fight

By Troy Palmer

There are many different ways that you can become a good fighter, but what sort of fighter do you want to be? I am going to cover two different types of fighting and both of them require the same strategy to fight good, it's the one strategy that all good fighters have in common, that is their mindset. The way you think can determine a lot for the result of the fight. I can tell you this for sure, whether you think you will win or think you will lose, either way you are right!

Let me explain, your mind is what activates all the processes throughout your body. It will do whatever you program it to do. Basically without going into too much science your body will react to your thoughts and this brief breakdown is what happens in a fight:

- 1) You process a thought
- 2) Your mind transfers the energy to your nerves
- 3) Your nerves take the message to the appropriate muscles which carry out the action
- 4) The muscles contract and the movement is made

Now this process is just a basic concept and happens very quickly, but the fact is that this is the hidden power to whether you become a good fighter or not. If you are thinking positive then you will be relaxed and confident and actions will be fast, but if you think negative your mind will transfer negative energy through your body. This will result in tension and your reactions will be slow.

The key secret if you want to become a good fighter is to think confidently, stay focused and remember that the person you are fighting is made up of flesh and bones just like you, they feel pain too and feel fear. If for example 2 identical guys with all the same physical qualities had a fight, who would win? They are physically identical so the winner would have to be the guy with the right mindset, it would be the only possible way to win.

How to Fight Good In Sport Competition

To fight good in sport competition for example: Martial Arts, Boxing, Kickboxing etc., you must remember that you are up against other highly skilled fighters. Although the thought of this can fill you with fear it's not so bad as there are referees and rules in fighting sports. To fight good and beat a sport fighter it is advisable to increase your stamina, strength and flexibility using proven training routines. Carry out repetition on technique and the speed will come naturally. With all this said, it is still important to keep your mindset strong and positive so that your body will react the way it needs to.

How to Fight Good On the Street

This is a completely different concept, there are no rules on the street and if you want to become a good fighter on the pavement arena then you have to put your mind into self-protection mode. Always be aware that you could be attacked and even killed. If you can escape then do so but if not, you have to be brutal, street fights will almost definitely go to the floor so you need to learn how to protect yourself from the ground as well as upright scenarios, your life is in your own hands not in those of a referee. Educate yourself with proven street fight moves if you want to be a good fighter and survive the violent streets of today.

Conclusion:

You really can become a good fighter if you focus on entering the fight with the correct mindset. If you have the right fighting system in place your confidence will grow naturally. Decide if you want to become a good fighter, take action and become first class so you can protect yourself and those you love if you have to.

About The Author:

Troy Palmer has 25 years experience in Martial Arts, Self Defense and Street Fighting. He has taught men, women and children of various different social status and physical capabilities. He strives on his success to teach others how to fight and gain the confidence they need to survive today's streets of increasing violence. You can interact with Troy and get stacks of great advice from him at: <http://www.howtofightgood.net>

舊式松樹法

A Warrior's Art



<http://www.old-pine-tree.webs.com/>



A warrior monk tradition steeped in Buddhism, shamanic practice, magik, energy-work, healing, and concept of the natural law of movement. Using Kosho concept and tai chi forms one embraces the mystical, magical, and martial side of being a warrior. KHY is a true warrior's art that completes the individual searching for wholeness.

Students of KHY are exposed to tai chi, qigong, Shugendo Yoga, energy healing arts like Kokoro Ryu Reiki and Koshonic Body Stress Release, True Self-Defense, Universal Buddhism, magik and shamanic practice, philosophy, kuroshinobi-ryu Shinobi-do, and KHY herbology, to name a few.

About Rev. Christopher J. Bashaw, PhD/MA, DD, RN, Soke

Kosho Hoho Yooga is an American eclectic Martial Art, developed by Christopher Bashaw, soke, Family Head. Kosho Hoho Yooga, or "Old Pine Tree Method of Unity and Self Discipline", a martial blending of Kosho Ryu Kempo and Tai Chi. Kosho Hoho Yooga takes the traditional conceptual teachings of the Japanese Warrior Monk of 1235 AD (true self-defense, healing, and spiritual arts) and makes it applicable for the 21st century. Christopher holds black belt ranking in Shaolin Kempo Karate, Mugei-Mumei no Jitsu, as well as certification in Yang style Tai Chi, and Jonin in Kuroshinobi Ryu Shinobi-do. He was awarded his Hachidan (8th degree black belt) from the World Martial Arts Hall of Fame in Cleveland, Ohio in 2006. In January 2007 Christopher was inducted into Action Magazine Martial Arts Hall of Fame. And in June of 2008 Bashaw was inducted into the World Karate Union as "Founder of the Year". Christopher has been a Registered Nurse for over 2 decades, including pediatrics, military, pain care, recovery room, occupational health, drug and alcohol recovery, insurance case management, and rehabilitation. And over the last 20 years he has become certified as a Reiki Master/Teacher, developing his own system, Kokoro Ryu Reiki System of Natural Healing, and given permission in his lineage by Laura Grant, RMT to proceed with that system; Christopher is also the founder of Shugendo Yoga, a spiritual, gentle healing form of yoga which is done by Kosho Hoho Yooga-ka as well as students outside the system; he has taken vows as a Buddhist Lay Priest and now practices and teaches Universal Buddhism as part of his curriculum. He holds a Doctorate in Divinity as well as a PhD/MA and the title of Professor. He incorporates herbalism, internal and external Chi Kung healing, and Shamanism into his practice and the art of Kosho Hoho Yooga. He developed Koshonic Body Stress Release © and is now teaching it privately to select students who are opening their own successful practices. Bashaw is also a renowned psychic and medical intuitive, working both independently as well as with New England Curiosities. Christopher is available for private readings and sessions. Bashaw, soke teaches internationally the art of Kosho Hoho Yooga. Christopher is a founding member of WaShin International. Bashaw, soke, is also a CNFT^(Certified Natural Fitness Trainer).



WHEN CHILDREN TELL AND NO ONE LISTENS

October 1997 By Sherry A. Quirk, Esq.

Bio: Sherry A. Quirk, Esq., is a member of the firm of Verner, Liipfert, Bernhard, McPherson & Hand. Ms. Quirk practices extensively in the legislative and administrative areas, and over the past several years has devoted significant time and effort to the issue of sexual abuse of children. In 1992, Ms. Quirk also established and continues to supervise Verner Liipfert's pro bono project on behalf of victims of childhood sexual abuse. She is the President and co-founder of One Voice: the National Alliance of Abuse Awareness and its public policy project, the American Coalition for Abuse Awareness. One Voice, a 501 © (3) entity, is a national alliance of adult survivors and child victims of sexual abuse, their supporters, child advocacy organizations, non-offending parents, health care and legal professionals who are seeking to improve the quality of life for children and adult survivors of sexual, physical and emotional abuse. One Voice is active in educating the public, the national media and our members of congress on preventing the victimization of children, supporting the right of victims to seek redress through the courts and assuring access to appropriate treatment for victims of abuse. Ms. Quirk can be reached by e-mail at ACAADC@aol.com

Americans are more aware than ever of the tragedy of child abuse: our national and local media carry daily reports of children who have been beaten, imprisoned, starved, burned or sexually and emotionally abused. Shopping carts, milk cartons, billboards, newspapers all carry the message that children should tell if they are being hurt and that to prevent abuse, just call a hotline and help will arrive.

However, we are slowly awakening to the fact that, even if suspected abuse is reported, this does not always result in safeguarding the child from further abuse. In fact, some of the worst cases are those where authorities were notified of abuse and had determined that the child was at risk, but nevertheless left the child in the care of the abuser. We are also learning that not only the woman who flees domestic violence is at risk from further violence, but that her children are often the innocent witnesses to her being battered -- or additional victims. And in far too many cases, the batterer has not only revenges himself on his former partner, but hurts or kills the children as well.

But there is an aspect to this violence in the family which so far has escaped the public's attention: the granting of sole custody or unsupervised access to the batterer or child abuser. According to the American Judges Foundation, "One of the most common reasons given for resuming an abusive relationship is the fear that the abuser will act on the threats of taking the children from the victim. Studies show that batterers have been able to convince authorities that the victim is unfit or undeserving of sole custody in approximately 70% of challenged cases."

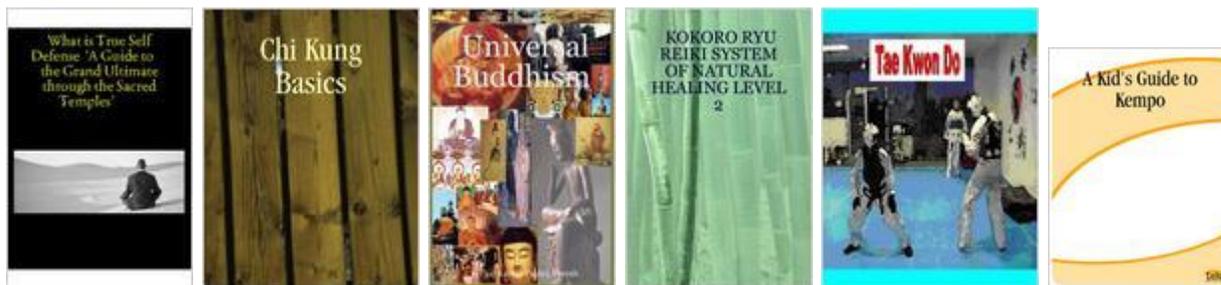
The idea that batterers and child abusers are awarded sole custody even when there has been a domestic violence conviction or reliable evidence of sexual abuse may seem so bizarre as to be unbelievable to most Americans. Even those who have experienced this admit that they never would have believed it possible until it happened to them. They thought that if their child made

an outcry, help would be there for them. They thought that judges would look at a history of domestic violence, weigh the medical evidence, listen to the words of their children, and choose to protect the child. Instead, as the American Psychological Association states in its report on Violence in the Family (1996), "Family courts frequently minimize the harmful impact of children's witnessing violence between their parents and sometimes are reluctant to believe mothers...Some professionals assume that accusations of physical or sexual abuse of children that arise during divorce or custody disputes are likely to be false, but the empirical research to date shows no such increase in false reporting at that time. In many instances, children are frightened about being alone with a father they have seen use violence towards their mother or a father who has abused them. Sometimes children make it clear to the court that they wish to remain with the mother because they are afraid of the father, but their wishes are ignored."

Fathers, too, sometimes find themselves caught in the gears of the court when they report abuse their children have disclosed at the hands of stepfathers or their mother's boyfriend. These mothers are at times more interested in protecting their partner than safeguarding their children. Such cases underscore the importance of having the best interest of the child at heart, and that the protection of the child should be the goal of our child protection system. It goes without saying that each case must be judged on its own merits.

As far as we know, no one has addressed the long term affects of this betrayal upon children who told about being abused but were silenced or ignored by the judicial system and given into the hands of those who had abused and violated them. Susan Smith is an anecdotal example: a mother who, as a young teenager reported abuse by her stepfather, received no help, and proceeded to murder her own children. Told that the court would protect them from the abuser, how can abused children then believe that they deserve help and protection? And as Randy Burton, Esq., of Justice for Children has remarked, "The public's perception of widespread abuses in the family courts has created a crisis in confidence in the judicial system in general."

Please join us in drawing attention to the re-victimization of children through a court system which allows batterers and child abusers to have unrestricted access to children. Let your state and national representatives know about this grave problem and educate your local and national press.



www.lullu.com/Martial_Masters Rare & informative books

Zen-Anmaki: massage, energy-work, healing

Max Holton

How many healing modalities do you know that simultaneously treats the body as well as the mind and spirit? A truly cumulative system of healing is Zen-Anmaki developed by Licensed Massage Therapist Gregory Phillips out of Naples, Maine. Zen-Anmaki begins with simple massage, manipulating both superficial and deep tissues within the body to promote healing of the physical structure. Progressively Zen-Anmaki introduces light-work or energy (chi) based therapeutics; to balance the emotional and spiritual/ energetic based light-body.

Taking the concept that we are a complex unit of tissue, ligaments, bone, and muscle that can be injured, traumatized, and dis-eased; the massage therapist uses such approaches like myofascial release, reflexology, acupressure, and sports massage to repair the damage present at a purely physical level. While simultaneously working the light-body, the living energy of the body proven to exist with quantum physics, known traditionally as chi or ki, healing occurs at the most subtle of levels. The practitioner understands that the theory of quantum mechanics reveals that when imbalance occurs physically it has first occurred in the energetic field as an imbalance, and if left unbalanced it then manifests into the physical body in the form of trauma, and dis-ease and illness.

Zen-Anmaki teaches the practitioner to heal beyond the mere physical body. Phillips notes that in training in the Zen-Anmaki system advanced training in energy work, and shamanic work is necessary as it is incorporated into a typical session. What an individual can expect in a session is not dissimilar to what they can initially expect with a standard massage. During the session, typically 60-90 minutes, the client will experience the effects of the typical massage as well as noticing subtle energy shifts within the essence of the individual. This combination of techniques heightens the client's awareness and healing potential. The practitioner truly connects with the client through not only the healing modality itself, but also capitalizing on a medical intuitiveness which comes from the training.

Zen-Anmaki training includes White Lotus Tantra training, specific energy medicine training, shamanic theory, and graduation from an accredited massage school. Those interested in formal Zen-Anmaki certification are encouraged to contact Gregory Phillips at Sage of the Light, Naples, Maine 207-693-3240.

Gregory Phillips is a Licensed Massage Therapist, Polarity therapists, Reiki Master/Teacher, shamanic practitioner, White Lotus Tantra Instructor, and Kuroshinobi-do (martial artist) Instructor taking on new clients and students.

Level One Intensive Sound Therapy Workshop: SomaEnergetics

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POWERFUL ANCIENT SOLFEGGIO FREQUENCIES

Massage, Reiki and Polarity Therapists, Holistic Physicians, Energy Workers and individuals around the world are using these powerful tuning forks with the SomaEnergetics Techniques. **David Hulse, Developer of SomaEnergetics**, has trained over 600 practitioners in these amazing techniques that can also be used to enhance other energy modalities.

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This breakthrough experiential workshop explores the history of the rediscovered Ancient Solfeggio and their meanings, Cymatics: energy connections between vibration & matter, the power of the numbers 3,6,9, the effect of intent on sound, Energy Channels of the body, and much more.

Continuing Education Information: "SomaEnergetics" is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as continuing education. Provider # 450637-08. CE Contact Hours: 12

Workshop - \$200 – SCHOLARSHIPS AVAILABLE (Admin Fee of \$25 for CEUs)

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Workshop led by Arlene Smith, CMT, Certified Teacher and premiere practitioner with SomaEnergetics, Reiki Master and EMF Balancing Technique Teacher and brings her 20 + years experience of knowledge in colour therapy, aromatherapy, metaphysics and spirituality.

Location: **Nia NH and Yoga, 76 Route 101A, Amherst, NH**

Registration Required by March 20th Call - 603-562-7525

or go online: <http://nianhandyoga.com/eventsplaysshops.html>

Five Sword Kenpo

By Kenneth Fecteau

To understand Five Sword Kenpo we need to go back to the history of Kenpo.

Due to the scarcity of authentic written records the exact origins of Kenpo are obscured. Modern history however is easier. The modern history of Kenpo began in the 1940's, when Grandmaster James Mitose started teaching his ancestral Japanese martial art Kosho-Ryu Kenpo in Hawaii. Mitoses' art, later called Kenpo Jiu-Jitsu, traces its origin to Shaolin Kung Fu and Bodhidharma. Kenpo Jiu-jitsu utilized punching, striking, kicking, locking and throws though it was very linear.

William Chow who had studied Chinese Kung-Fu from his father began study in Kenpo under James Mitose. He began teaching an art he called Kenpo Karate. He experimented and modified the linear system into more circular motions and adapted to meet the needs of American students. Chow taught a Hawaiian named Edmund Parker, who eventually developed Kenpo into the art we know today. Parker revised older methods to work in modern street self defense.

"I come to you with only Karate, empty hands. I have no weapons, but should I be forced to defend myself, my principles or my honor; should it be a matter of life or death, of right or wrong; then here are my weapons, karate, my empty hands." -Ed Parker-

"Ken" means fist and "Po" means law, the law of the fist. Kenpo is a system of self defense based on logic and scientific study of movement. By studying motion Kenpo provides maximum efficiency (no wasted time, movement, or energy) and maximum effectiveness (Speed, power, focus)

Five Sword Kenpo was designed by Grandmaster John Wehrwein. He was introduced to the martial arts as a child when his father taught him combat Judo. Later while in the Navy he trained in a Filipino form of Jujitsu used by the Filipino scouts and earned his Black Belt. He transferred to the U.S. Air Force and trained in Special Forces combat arts. From 1980 to 1987 he trained in Kenpo under the tutelage of one of Ed Parker's top students. He went on to earn his 3rd degree Black Belt in Kenpo. He also trained and received his Black Belt in Tiger and Crane Kung-Fu. In 1987 to 1991 he trained in Kali, Arnis and Silat.



GM John Wehrwein

In 1987 Grandmaster Wehrwein formed Gemini School of Self Defense to teach an eclectic form of self defense for today's streets and named the form Five Sword Kenpo.

In 2007 he received the great honors of Grandmaster, Professor of Martial Arts, Doctorate of Martial Arts and Soke of Five Sword Kenpo by the World Martial Arts Hall of Fame.

Five Sword Kenpo utilizes both hard and soft style martial arts. Learning and understanding both hard and soft elements of self defense allows creativity in any given situation. It draws from various martial arts to create a tailored and flexible approach to self defense. Five Sword Kenpo as opposed to traditional martial arts, combines multiple martial arts styles into a very effective self defense form. It uses linear as well as circular movements that flow with continuity. It seeks to redirect force and upset an opponent's balance. The opponent's energy and attack angles are taken and manipulated into upsetting the attacker's equilibrium. The result is using an opponent's own momentum and energy against them. In this way Five Sword Kenpo can be utilized by any age group or gender. Five Sword Kenpo incorporates striking, kicking, pressure points, joint locks as well as multiple weapons training. It is taught on a one on one basis, so that each individual is able to progress at their own pace. This type of training allows the instructor to tailor the techniques that will be best suited for each individual and change the technique slightly as needed. This allows the instructor to learn in the process. "We learn, by teaching". Therefore the students are always giving back to us.

Grandmaster Wehrwein has recently given the honor of carrying on the system to Master Kenneth Fecteau. Master Fecteau has trained with Grandmaster Wehrwein for over 24 years.

In 2006 Wehrwein was inducted into the World Wide Martial Arts Hall of Fame for Instructor of the Year

In 2007 he was inducted into the World Martial Arts hall of fame for Instructor of the Year.



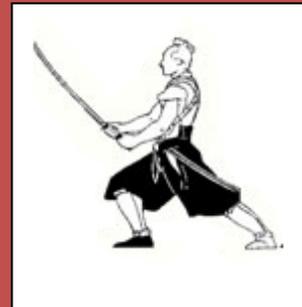
Master Kenneth Fecteau

Master Kenneth Fecteau continues to teach the science of street self defense of Five Sword Kenpo as taught by Grandmaster Wehrwein.



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offers a variety of alternative healing techniques. Psychic medium readings, Massage, Reiki, Polarity, Koshonic Body Stress Release, Ear Candling. To learn more about them please click on the links below. Ralph offers Psychic medium readings, Reiki, Koshonics and Ear Candling by appointment. Gregory offers Massage, Reiki, Polarity, Koshonics, Ear Candling- Monday through Saturday by appointment walk ins are welcomed on Monday through Friday 10 am - 4 pm if time allows

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“the way of the enlightened warrior”

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- We Use Awareness Skills to Avoid Conflicts
- We Teach Meditation, Chi Kung, and Healing Skills



Street Self Defense Women's Self defense Police Training

Five Sword Kenpo is designed for today's streets. It teaches an individual to defend themselves and others from virtually any attack. We teach realistic self defense tactics and techniques. We will teach the individual the ability and will to fight to protect themselves, their friends, their family, and their ideals, and at the same time, seek the perfection of their own character through a life lived with honor, integrity, and an unflinching dedication to what is right according to their own code of honor which will be refined from study and discipline. Self Defense goes hand and hand with self preservation. Protecting ourselves, our families and our community is simply a part of us.

If you are looking for martial arts, personal protection, or personal development, we encourage you to become familiar with the benefits of Five Sword Kenpo.

Training in Five Sword Kenpo imparts many benefits both physical (strength, stamina, flexibility, coordination) and mental (stress relieve, self confidence, proper breathing) for an individual to discover themselves and their environment. Students realize that martial arts is not just a sport or hobby, but a valuable tool to enhance their way of life.

Classes are taught in a safe, family atmosphere where students are taught the value of discipline in their daily lives while they acquire self defense skills which are not dependent on the size or strength of the student.

All classes are set up by appointment and are one on one- training so each person can progress at their own pace.

**Master Kenneth Fecteau
Macomb, Michigan
586-598-9573**

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A practice known for its healing ability.
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As featured in "Inner Tapestry" magazine, "Connections Scotland" magazine, and "Martial Arts International" magazines, Shugendo Yoga is the latest and most influential yoga style. Acknowledged by the World Yoga Hall of Fame, Shugendo Yoga is a healing and spiritual based yoga designed to enlighten and heal the body. Unlike the hardcore stretching yoga commercially practiced, it adapts postures (which is only 1/5 of the practice) to the ability of the person. Utilizing the knowledge of the energetic body it includes chi kung, mantra, asana, meditation and hands on healing into each session to produce a fresh, rejuvenated and balanced individual. Shugendo Yoga is ideal for beginners to advanced yoga practitioners of every shape, age, and gender.

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Sunday June 12
1 pm - 5 pm
Olympia Banquet Room
\$40



*Chris Bashaw and Rick Wilmott
Founders of Shugendo Yoga*

Chris Bashaw, RN is an experienced practitioner of several holistic healing systems. He holds a Doctorate in Divinity, is an ordained Buddhist Priest and shamanic practitioner. Chris is also a renowned psychic and medical intuitive.

Rick Wilmott is a martial artist and healer holding high black belt rankings in several martial arts and is an inductee in several martial arts hall of fame. He is a Certified Shiatsu Therapist and a student of Toshiko Phipps who was the first qualified Shiatsu Therapist to teach in the United States and founder of the Nippon Shiatsu Daigaku.

Register with Kawartha Hoshin Training Centre at info@khtc.ca or 705-878-0540