



W o r k s h o p

Body Being & Effortless Power

誠
心

21 & 22 April 2012
with Rob van Ham
at Cheng Hsin Nijmegen



In this weekend workshop training is focused on the principles for developing an effortlessly effective body being, body structure, movement and awareness, and the use of intrinsic strength or effortless power.

The workshop is open to and excellent for people with different backgrounds like tai chi, aikido, dance, body work, yoga, qigong, sports, acting and any other body-mind activity.

Venue

[Cordium](#)

De Ruyterstraat 65,
6512 GB Nijmegen

Info, registration
& contact

Cheng Hsin

Time

Saturday and Sunday
10.00 - 17.00 hrs.

Training Center Nijmegen

Rob van Ham

+31 (0) 6 29008785

Costs

115 Euro
(overnight stay 7,50 Euro)

info@chenghsin.nl

www.chenghsin.nl