

Cheng Hsin 2019 Holland Camp

# The Art of Effortless Power Body Being & Tai Chi

with **Peter Ralston**  
June 29 - July 5 in De Glind (NL)

*“True innovators are, by definition, ahead of their time. How many of us wished we had met Bruce Lee, sat in a session with Carl Jung, or walked around Walden Park with Henry David Thoreau? Too late for that, but not too late to take notice of Peter Ralston. A superlative martial artist and caring teacher, his insights speak to us all.”*

*Dan Millman - Author of “Way of the Peaceful Warrior”*

## Cheng Hsin Holland Camp

This year the Cheng Hsin Holland Camp offers a program with first seven days in the *Art of Effortless Power* and two evenings of *Body Being & Tai Chi*. Followed by a six day *Transforming Self Workshop (TSW)*.

## Peter Ralston

Since 1990, Peter Ralston's yearly visits to Holland have turned into a tradition. He is an authority in his field, the Muhammad Ali of internal martial arts. After years of intense investigation of mind, body, and martial arts, this former full-contact free-fight world champion founded the Cheng Hsin School of internal martial arts.

Peter Ralston has devoted his life to Mastery. He has spent almost 40 years teaching others his remarkable insights and has transformed thousands of individuals worldwide.

If you are an experienced martial artist there will be new insights to be gained and abilities to be developed. If you are less experienced, or even a complete novice, you will be supported in creating the foundations for success in your practice.

Peter has a unique and exciting contribution in the martial arts and consciousness. He has inspired people in sports, dance, body work, performance, relation and leadership.

## ***What to Expect?***

- *A week of total immersion into increasing your skill and ability to relate effectively.*
- *A thorough exploration of how to use your body effortlessly and powerfully*
- *Become more relaxed, open, grounded, centred and balanced*
- *Changing mind states and using powerful imagery to enhance perceptions and retrain the nervous system*
- *Techniques, games and exercises which you can take into your own Art to help you deepen your work*
- *Teaching based on understanding and training principles rather than following dogma and routines*



## **Art of Effortless Power Week June 29 - July 5**

The Art of Effortless Power is a dynamic blend of T'ai Chi, Pa Kua, Aikido, Judo and Boxing with uprooting, throwing, footwork, and lots of internal work on relaxation, outreaching, intention, balance and freeing up ineffective mental patterns.

Working from the ground up, Peter will explore the principles that found body design and function, power, and interaction. Participants will be demanded to change how they think and perceive. Peter will demonstrate and teach how to change one's own experience towards that of being effective whilst remaining totally relaxed and calm.

Using props, exercises, techniques and games and his relaxed and entertaining style of teaching, Peter leads participants into questioning assumptions, overcoming beliefs and transforming how they use their bodies. It is a very joyful learning experience.

Peter will teach The Art of Effortless Power in a highly intensive and structured format. Be prepared to be overjoyed and overwhelmed by the ocean of knowledge and skill which Peter communicates to you as a participant.

During our afternoon sessions you will have a one hour period to train or test for a Kyu (level) and on Thursday we will possibly have Degree Exams.

Each morning training will be conducted by an assistant and will be adapted to the program of the day.

**Effortless Power  
Weekend June 29 -30**

This is a great workshop to be introduced to the mindset and body mechanics of effortless power and learn how to apply intrinsic strength in relatively simple techniques and begin to learn new ways of relating to an opponent that will make you much more skilful.

**Tai Chi & Body Being  
Saturday 29 & Sunday 30 evening**

Peter will guide you through the Body Being principles in relation to the Tai Chi sets. Beginners will be learning the Cheng Hsin Tai Chi mini-set. For advanced practitioners the accent will lie on understanding more deeply specific movements of the Cheng Hsin Tai Chi set and their practical function..



**2019 Art of Effortless Power workshop schedule**

|                  | 8.30 - 10.30 | 11.00 - 12.30    | Lunch | 14.00 - 15.30    | 16.00 - 17.30    | Dinner | 19.00 - 20.30        |
|------------------|--------------|------------------|-------|------------------|------------------|--------|----------------------|
| Friday June 28   |              |                  |       |                  |                  |        | Check-in             |
| Saturday June 29 | MT           | Effortless Power |       | Effortless Power | Effortless Power |        | Body Being & Tai Chi |
| Sunday June 30   | MT           | Effortless Power |       | Effortless Power | Effortless Power |        | Body Being & Tai Chi |
| Monday July 1    | MT           | Art of EP        |       | Art of EP        | Art of EP        |        | Art of EP/ Kyu       |
| Tuesday July 2   | MT           | Art of EP        |       | Art of EP        | Art of EP        |        | Art of EP/ Kyu       |
| Weds. July 3     | MT           | Art of EP        |       | Art of EP        | Art of EP        |        | Art of EP/ Kyu       |
| Thursday July 4  | MT           | Art of EP        |       | Art of EP        | Art of EP        |        | Art of / Kyu         |
| Friday July 5    | MT           | Art of EP        |       |                  | Check in TSW     |        | TSW                  |

MT = Morning Training  
Art of EP = The Art of Effortless Power

TSW = Transforming Self Workshop

## Venue

The Holland Camp is held at the YMCA conference centre in De Glind, a tiny village in the Dutch countryside near Amersfoort. The accommodation offers one and two person bedrooms with running warm and cold water. Showers and toilets are on the corridors. Breakfast, lunch and dinner are served in the restaurant. The major conference hall will be transformed into a dojo. During breaks you will receive coffee and tea.

## Costs

We offer four workshop options and several for accommodation ranging from full lodging to meals only and a mat fee.

### Workshop costs

#### **Art of Effortless Power week - June 29 - July 5**

- € 770 with € 295 deposit in by April 1
- € 820 with € 295 deposit in by May 1
- € 870 thereafter

#### **Effortless Power weekend - June 29 - 30**

(including Body Being & Tai Chi evenings)

- € 199 with € 100 deposit in by April 1
- € 230 with € 100 deposit in by May 1
- € 263 thereafter

#### **Tai Chi & Body Being evenings - June 29 - 30**

- € 36 one evening or € 67 for both

### Accommodation costs

#### **Full lodging in one person bedroom**

- € 68 per day
- € 475 full week

#### **Full lodging in two person bedroom**

- € 57 per day
- € 400 full week

#### **Only meals and mat fee**

- € 50 a day
- € 350 full week

#### **Only mat fee**

- € 16 per day
- € 110 full week

## Registration and contact

In order to make your registration complete transfer the deposit before the required deadline and send in the registration form. Or send in the required information by email. The remaining payment must be received in full by June 1.

If you have any questions on the Cheng Hsin Holland Camp contact:

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Peter Ralston

Author of martial arts classics  
"Cheng Hsin the Principles of  
Effortless Power"  
And  
"Zen Body Being".

