

# Cheng Hsin Holland Camp

16 - 29 August 2024



with **Brendan Lea**

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- **Art of Effortless Power**
- **Boxing**
- **Tai Chi Chuan & Body Being**
- **Conscious Living Workshop**

### ***Early Birds - April 30<sup>th</sup>***

*Sign up and make your deposit till April 30<sup>th</sup> to receive a substantial discount on all workshop costs!*

Peter Ralston has offered yearly workshops at the Cheng Hsin Holland Camp for over three decades and deeply inspired thousands of people in the martial and consciousness communities around Europe. In 2024 we welcome his top student Brendan Lea from the USA to facilitate the Cheng Hsin Holland Camp. You are warmly invited to join in!

### **Brendan Lea**

Brendan has steadily studied with and has virtually lived with Peter Ralston for the last 16 years. He has done every apprenticeship program (going on eight), and lives at the Center and still studies. He has been training in facilitation and assisting Ralston as a facilitator in his consciousness workshops for years. He also runs his own workshops in cities in the US and other countries.

His commitment to study and training has created a great awareness and understanding of the dynamics of mind and body as they apply to effective interaction. Through years of intense contemplation he has also developed a deep understanding of self, life, and



reality. This allows him to powerfully facilitate others in having the breakthroughs and insights necessary to expand their own consciousness and create new skills.

**Art of Effortless Power**  
**16 - 23 August 2024**  
**weekend or week workshop**

In this workshop you will deeply explore the principles that found body design and function, effortless power and skilful physical interaction. All teachings will be based on understanding and training principles rather than following dogma and routines.

The Art of Effortless Power is a dynamic art with many techniques, footwork, and lots of internal work on relaxation, feeling awareness, balance and freeing up ineffective mental patterns. You will be questioning assumptions, overcoming beliefs and transforming how to use your body. It is a joyful learning experience.

The workshop has a highly intensive and structured format. You will be challenged to change your own experience towards that of being effective whilst remaining totally relaxed and calm. We will be working from the ground up. With props, techniques, games and exercises which you can take into your own art to help you deepen your work. Note that the evenings of Tai Chi Chuan and Body Being are included in this workshop.

**Tai Chi Chuan & Body Being**  
**16 - 22 August 2024**  
**six evening workshop**

This six evening workshop will give you an experiential investigations into the nature and principles of the body and how it works most effortlessly and effectively. You will learn to become more relaxed, open, grounded, centred and



Brendan Lea teaching martial arts

balanced. You will increase awareness and sensitivity to your own body and learn how to best use it. During this workshop you will also learn the Cheng Hsin Tai Chi mini set or 64 Tai Chi Chuan set.

**Boxing**  
**23-24 August 2024**  
**one day workshop**

Cheng Hsin boxing arts are unmatched in their depth of intelligence and level of understanding about the nature of effective interaction. You will learn to develop effortless striking, invincible defences and strategic understanding of rarely visited domains of human mind and perception, not to mention physics and physiology. This workshop starts on Friday evening.

## Conscious Living Workshop

### 24 - 29 August 2024

### five day workshop

Life involves interacting with and managing our environment, most of which involves other people. Yet we often find it a challenge to do so effectively. Sometimes we don't feel heard, or become reactive, and encounter many other kinds of challenges. We get caught up in all sorts of mental, emotional, and sometimes physical difficulties. With such forces acting upon us, we can get derailed from our purpose, or desired purpose, for our lives. In addition, it can be hard to find our centers and remain grounded in and true to the real being that we are

In the Conscious Living Workshop you will take on these complications, understand their root, and go beyond them. You will learn about yourself, look into the hidden or overlooked source of many of your emotions, develop much greater communication skills, and study the nature of relationship.

You will also clearly see what obstacles stand in your way of realizing an empowering purpose for your life, and delve into the real you that is already beyond mind and perception and life's complications.

Join us for the Conscious Living Workshop coming this summer. Why live with less conscious-awareness when you can have more?



The venue's chapel will be transformed into a dojo.

## Venue

Our venue is [Groepsaccommodatie De Elegast](#) beautifully located on a woody hill near Nijmegen. This former boarding school now offers one person cubicle bedrooms with running water. Showers and toilets are on the corridors. Our hosts Karin and Paul will serve you excellent vegetarian meals.

The Conscious Living Workshop only offers full lodging. The first week of martial workshops has several options. The first is full lodging (including meals and mat fee). The second is only meals and mat fee. And the third is only a mat fee.

## Workshops & costs

		Early Bird	Normal	Accommodation
Art of Effortless Power Weekend 16-18 August ( <b>two days</b> )	AEP + TC	€ 145	€ 210	€150 (full lodging) €110 (meals and mat) € 40 (mat fee only)
Art of Effortless Power Week 16-23 August ( <b>seven days</b> )	AEP + TC	€ 485	€ 695	€525 (full lodging) €385 (meals and mat) €140 (mat fee only)
Art of Effortless Power & Boxing 16-24 August ( <b>eight days</b> )	AEP + TC + BX	€ 550	€ 765	€600 (full lodging) €440 (meals and mat) €160 (mat fee only)
Boxing 23-24 August ( <b>one day</b> )	BX	€ 90	€ 130	€75 (full lodging) €55 (meals and mat) € 20 (mat fee only)
Tai Chi & Body Being 17-22 August ( <b>six evenings</b> )	TC	€ 115	€ 155	€25 (mat fee only)
Conscious Living Workshop 24-30 August ( <b>five days</b> )	CLW	€ 450	€ 585	€375 (full lodging)

Costs include both workshop and accommodation costs. You have to pay a mat fee if you participate in a workshop without the use of lodging or meals, The **Early Bird** deadline is **30 April 2024**.

## Schedule

August	8.30 - 10.30	11-12.30		14 -15.30	16 -17.30		19- 20.30
Friday 16						D*	
Saturday 17	AEP	AEP	L	AEP	AEP	D	TC
Sunday 18	AEP	AEP	L	AEP	AEP	D*	TC
Monday 19	AEP	AEP	L	AEP	AEP	D	TC
Tuesday 20	AEP	AEP	L	AEP	AEP	D	TC
Weds. 21	AEP	AEP	L	AEP	AEP	D	TC
Thursday 22	AEP	AEP	L	AEP	AEP	D	TC
Friday 23	AEP	AEP	L	AEP	AEP	D*	BX
Saturday 24	BX	BX	L	BX	BX	D*	CLW
	9.30-11.00	11-12.30		13.30-15	15.30-17.		18.30 -20
Sunday 25	CLW	CLW	L	CLW	CLW	D	CLW
Monday 26	CLW	CLW	L	CLW	CLW	D	CLW
Tuesday 27	CLW	CLW	L	CLW	CLW	D	CLW
Weds 28	CLW	CLW	L	CLW	CLW	D	CLW
Thursday 29	CLW	CLW	L	CLW	CLW	*	

L = Lunch  
D = Dinner

\* = Check in and check out periods for participants with full lodging.

## Registration

- Sign up by sending in the registration form and also make sure to transfer the required **non-refundable workshop deposit**.
- If you sign up and make your deposit **before 30 April 2024** you receive a considerable **Early Bird discount!**
- Remaining payments for accommodation and workshops must be transferred in full by **15 June 2024**.
- If you sign up after **15 June**, a deposit is not required. Instead directly make full payments for accommodation and workshop(s) by transfer.
- After signing up you will receive a preparation letter with general information on lodging, route description, workshop conditions and other requirements.

## Cancellation terms

- Cancelling any of the workshops before 15 June 2024 means that your deposit will not be refunded.
- Cancelling any of the workshops after 15 June 2024 means that 40% of the workshop costs will not be refunded.
- Cancelling any of the workshops within two weeks prior to the start of the workshop means the whole amount (workshop and accommodation costs) will not be refunded.

## Payments

Make your payments to:  
**Effortless Power training & coaching**  
IBAN **NL85 TRIO 0198369425**  
BIC: **TRIO NL2U**  
Mentioning: **CH Holland Camp 2024**



Overlooking our venue from above

## Contact

In case you have any questions regarding these terms, registration or the Cheng Hsin Holland Camp in general please contact:

Rob van Ham  
Grotestraat 40  
6511 VD Nijmegen  
the Netherlands  
0031 6 2900 8785  
[info@chenghsin.nl](mailto:info@chenghsin.nl)  
[Cheng Hsin Nijmegen](https://www.chenghsin.nl)



**CHENG HSIN**  
**NIJMEGEN**

# Registration form | Cheng Hsin Holland Camp 2024

Send in this registration form or all required information **by e-mail to:** [info@chenghsin.nl](mailto:info@chenghsin.nl).

Name: .....  
Address: .....  
Place: .....  
Country: .....  
Telephone: .....  
E-mail: .....

All meals are vegetarian. Please indicate if you have any specific **food diets or allergies:**

☐ yes, specifics: .....

Your registration will be valid only after transferring the required non-refundable deposit. To get your **Early Bird discount** make sure to register and get your deposit in by **30 April 2024**. Remaining payments for lodging and workshops must be transferred in full by 15 June 2024. If you sign up after 15 June make all payments in full directly. Note: Art of Effortless Power weekend and week include Tai Chi and Body Being evenings.

	Workshop costs	& deposits	Accommodation costs
<input type="checkbox"/> <b>Art of EP Weekend 16 - 18 August</b>	<input type="checkbox"/> € 145 (Early Bird) <input type="checkbox"/> € 210 (after 30 April)	<input type="checkbox"/> € 55 <input type="checkbox"/> € 55	<input type="checkbox"/> € 150 <b>two days</b> full lodging <input type="checkbox"/> € 110 only meals and mat fee <input type="checkbox"/> € 40 mat fee only
<input type="checkbox"/> <b>Art of EP Week 16 - 23 August</b>	<input type="checkbox"/> € 485 (Early Bird) <input type="checkbox"/> € 695 (after 30 April)	<input type="checkbox"/> € 155 <input type="checkbox"/> € 155	<input type="checkbox"/> € 525 <b>seven days</b> full lodging <input type="checkbox"/> € 385 only meals and mat fee <input type="checkbox"/> € 140 mat fee only
<input type="checkbox"/> <b>Art of EP Week + Boxing 16 - 24 August</b>	<input type="checkbox"/> € 550 (Early Bird) <input type="checkbox"/> € 765 (after 30 April)	<input type="checkbox"/> € 155 <input type="checkbox"/> € 155	<input type="checkbox"/> € 600 <b>eight days</b> full lodging <input type="checkbox"/> € 440 meals and mat fee <input type="checkbox"/> € 160 mat fee only
<input type="checkbox"/> <b>Boxing Day 23 - 24 August</b>	<input type="checkbox"/> € 90 (Early Bird) <input type="checkbox"/> € 130 (after 30 April)	<input type="checkbox"/> € 35 <input type="checkbox"/> € 35	<input type="checkbox"/> € 75 <b>one day</b> full lodging <input type="checkbox"/> € 55 meals and mat fee <input type="checkbox"/> € 20 mat fee only
<input type="checkbox"/> <b>Tai Chi Chuan 6 evenings 17 - 22 August</b>	<input type="checkbox"/> € 115 (Early Bird) <input type="checkbox"/> € 155 (after 30 April)	<input type="checkbox"/> € 35 <input type="checkbox"/> € 35	<input type="checkbox"/> € 25 mat fee only
<input type="checkbox"/> <b>Conscious Living Workshop 24 - 29 August</b>	<input type="checkbox"/> € 450 (Early Bird) <input type="checkbox"/> € 585 (after 30 April)	<input type="checkbox"/> € 155 <input type="checkbox"/> € 155	<input type="checkbox"/> € 375 <b>five days</b> full lodging

<b>Total of workshop costs, deposits and accommo- dation costs:</b>	€ .....	€ .....	€ .....
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Make ALL your PAYMENTS to: **Effortless Power training & coaching**  
Mentioning: **Cheng Hsin Holland Camp 2024**  
IBAN: **NL85 TRIO 0198369425**  
BIC: **TRIO NL2U**

Signature: .....