



Cheng Hsin **2023** Holland Camp
with **Peter Ralston**

Art of Effortless Power & Boxing

16-25 June in Nijmegen 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's camp offers a program with first seven days in the Art of Effortless Power, followed by a weekend of Boxing. We end with a six day Contemplation & Satsang Workshop (CSW). See other brochure for more information.

Peter Ralston

Peter Ralston 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 over 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.

Program 2022

Art of Effortless Power

***Weekend 16-18 June
or Full Week 16-23 June***

You can choose between a weekend or a full week workshop exploring the principles that found body design and function, power and interaction. Peter Ralston will demonstrate and teach how to change one's own experience towards that of being effective whilst remaining totally relaxed and calm.

Working from the ground up. 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 prepare to be overwhelmed by the ocean of knowledge and skill which Peter communicates to you as a participant.

Boxing

Weekend 23-25 June

This workshop starts on Friday evening. Peter will guide you through the techniques, tactics and skills in the Art of Effortless Striking. During morning training you will be instructed in boxing basics. You are invited to bring boxing gloves and a mouthpiece.



Peter Ralston

Author of martial arts classics
“Cheng Hsin the Principles of Effortless Power”
and *“Zen Body Being”*.

What to Expect?

- *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*

Cheng Hsin 2023 Holland Camp Schedule

Art of Effortless Power & Boxing: 16 - 25 June 2023
Contemplation & Satsang Workshop: 25 June - 1 July 2023

	8.30 - 10.30	11.00 - 12.30		14.00 - 15.30	16.00 - 17.30		19.00 - 20.30
Friday 16 June						check-in (18.30)	D
Saturday 17 June	MT	Art of EP	L	Art of EP	Art of EP	D	Art of EP
Sunday 18 June	MT	Art of EP	L	Art of EP	Art of EP	D	Art of EP
Monday 19 June	MT	Art of EP	L	Art of EP	Art of EP Kyu	D	Art of EP
Tuesday 20 June	MT	Art of EP	L	Art of EP	Art of EP Kyu	D	Art of EP
Weds. 21 June	MT	Art of EP	L	Art of EP	Art of EP Kyu	D	Art of EP
Thursday 22 June	MT	Art of EP	L	Art of EP	Art of EP Kyu	D	Art of EP
Friday 23 June	MT	Art of EP	L	Art of EP	Art of EP	D check-in/out	Boxing
Saturday 24 June	MT	Boxing	L	Boxing	Boxing	D	Boxing
Sunday 25 June	MT	Boxing	L	Boxing	Boxing	D check-in/out	CSW
	6.15 - 10.30	11.00 - 12.30	L	13.30 - 15.45	16.00 - 17.45	D	19.00 - 21.00
Mon 26 - Fri 30 June	CSW	CSW	L	CSW	CSW	D	CSW
Saturday 1 July	CSW	CSW	L	CSW	CSW	check-out	

L = Lunch
D = Dinner
MT = Morning Training (warm up & basics) with assistant
Art of EP = Art of Effortless Power
Kyu = Kyu training/personal training
CSW = Contemplation & Satsang Workshop
Check-in and check-out times = for participants with full lodging

Venue

Our new venue is Groepsaccommodatie De Elegast located in a former boarding school on a woody hill near Nijmegen. The accommodation offers one person cubicle bedrooms with running water. Showers and toilets are on the corridors. The chapel will be transformed into a dojo. You will receive excellent vegetarian meals as well as coffee and tea during breaks.

Costs

These include both workshop and accommodation costs. If you participate in a workshop without use of lodging or meals, you have to pay a mat fee.

Workshop costs

Art of EP weekend - 16-18 June

- o € 235 with € 95 deposit in by 15 March
- o € 285 thereafter

Art of EP full week - 16-23 June

- o € 775 with € 295 deposit in by 15 March
- o € 875 thereafter

Boxing weekend - 23-25 June

- o € 235 with € 95 deposit in by 15 March
- o € 285 thereafter

Accommodation costs

Full lodging, meals and mat fee

- o € 75 day / €150 weekend / € 525 week

Only meals and mat fee

- o €52,50 day / €105 weekend
/ €367,50 week

Only mat fee

- o € 20 day / € 40 weekend / €140 week

See other brochure for info on:

**Contemplation and Satsang Workshop
(CSW)**



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 for workshop and accommodation must be transferred in full by 15 April.

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

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