

# ONE DAY RETREAT

KAI CHI DO, BREATHWORK, LECTURE AND DISCUSSION

## THE FIRST ELEMENT: ROOT

Find your balance in the world

Root represents our Connection to Life Energy, or Source. This Connection creates safety and security as we navigate our physical world. Our Root Connection establishes stability and balance. Root grounds us in the present moment, helping us to release our attachments to the past and worries about the future.

Root is the first of the Five Elements of Kai Chi Do - Root, Air, Fire, Water, and Earth. Kai Chi Do is a kind of aerobic yoga that combines movement, breath, music, and meditation to dissolve resistance and allow Life Energy to flow freely.

By releasing blocks or resistance that we are holding in our minds and our bodies, Life Energy flows and circulates freely bringing us a deep inner peace as well as increased vitality.

## SATURDAY OCTOBER 19TH, 2013

9AM-5PM | BRING YOUR OWN LUNCH

PROGRAM FEE: \$100 | REGISTER ONLINE BEFORE OCTOBER 14TH AND GET A 10% DISCOUNT  
[WWW.KAICHIDO.COM](http://WWW.KAICHIDO.COM) OR CALL 800-272-4311

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Charles Robinson is the founder of Kai Chi Do. He holds a Bachelor's degree in psychology and a Master's degree in Education from Seton Hall University. Charles is the Clinical Director of Alternative Treatment International where he has led thousands of groups in Kai Chi Do. The basic movements of Kai Chi Do are simple and repetitive. They can be done sitting or standing, by people at any level of fitness.

Learn more at  
[www.kaichido.com](http://www.kaichido.com)  
Contact: Susan@kaichido.com

