

THE OHASHI INSTITUTE

Ohashi founded the Institute in 1974, and it has since become an internationally recognized organization, offering courses in Eastern therapeutic techniques and exercises. The Institute serves some 2,000 students annually and has more than 100 Certified Ohashiatsu® Instructors and Consultants in the United States and Europe. It offers an ongoing, six-level curriculum program with courses given weekly, on weekends and at retreats. A student may take the entire program or enroll in only one course.

OHASHIATSU®

...is a therapeutic method based on touch, exercise, and self-improvement developed by Ohashi after years of practice, teaching, and observing human nature. When you study Ohashiatsu you learn to use exercise, movement, meditation, and meridian theory to de-stress and strengthen your mind and body. Your Ki energy will be energized and regenerated. The course work offers you what hatha yoga offers: movement, flexibility and endurance. It offers you what Pilates exercise offers: strength building and better posture. All add up to a more balanced life and better health for you while you learn a healing therapy.



www.ohashiatsu.org

Check our home page regularly for special events and offers

Don't pass up this opportunity for an extraordinary summer experience!



© Kelly Atlas-Bauche

We offer a special discount for International students. Please e-mail Jaja for additional information:

info@ohashiatsu.org

OHASHI INSTITUTE worldwide

www.ohashiatsu.org

www.ohashi.com

www.ohashiatsu-MD.org

www.ohashiatsuchicago.org

www.ohashi.it

www.ohashiatsu.de

www.ohashiatsu.at

www.ohashi.fr

www.ohashiatsu-london.org

1-800-810-4190

Address correction requested



OHASHI INSTITUTE A Non-profit Educational & Cultural Organization since 1974
147 West 25th Street 6th floor, New York, NY 10001 • Phone 646-486-1187

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OHASHIATSU® and ZEN RETREAT
July 11-18, 2009



OHASHI 35th ANNIVERSARY

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SUMMER RETREAT AT ZENDO

July 11-18, 2009

An eight-day special program in Ohashiatsu® and Zen Meditation

We are privileged to invite you to share in our summer retreat at Dai Bosatsu Zendo, a Zen monastery located in the Catskill Mountains near Livingston Manor. The monastery is tucked away in a peaceful maple forest on a large estate that includes a pristine lake and is teeming with wildlife. In this spiritually refreshing atmosphere you will have the opportunity to study Ohashiatsu®, to meditate daily in the monastery, to swim or row in the lake, and to eat delicious vegetarian meals served and eaten in peaceful silence. The week offers you a truly holistic, rejuvenating experience!

DAILY SCHEDULE

Meditation, chanting.....5:30am-7:30am
Class.....9:00am-12:00pm
Class.....2:00pm-5:00pm
Practice class, tutorials and sessions...6:00pm-8:00pm

Tutorials, meridian exercise, Ohashiatsu private sessions, yoga, hiking, swimming; Zen talks, Zen work, cooking class and party.

Arrive between 1:00 and 4:00pm on July 11 and leave after lunch on July 18.

"For me, the Zendo retreat is where Ohashiatsu becomes Zen. It opened my heart into my hands", by Vincent, Ohashi Institute graduate.



ABOUT OHASHI



Ohashi's Beginning level course immerses you in the basic movement that is critical to an effective practice of this healing art. It is a comprehensive course by itself and offers useful knowledge and skills for lay people and professional therapists. It covers the 12 meridians and their attributes, ki energy flow, hara diagnosis and techniques for the complete body. You'll learn to create effective and enjoyable sessions for you and your clients and how to avoid fatigue and injury. (Qualifies for 30 NCBTMB CEUs.)

In Japanese the name "Ohashi" means "big bridge," and Ohashi's goal since founding the Ohashi Institute in 1974 has been to create a bridge between Eastern and Western philosophies of healing. He has taught in several countries and has further spread his knowledge and philosophy through publishing books and producing videos and DVDs.

OHASHIATSU® PROGRAM

OHASHIATSU® CURRICULUM COURSES OFFERED AT ZENDO

OHASHI's Beginning I \$550*/\$650

*"Happiness of touch and happiness of knowing what we didn't know are realized in the Beginning level."
The Beginning Level Course is open to everyone.*

Intermediate I \$600*/\$700

"Expanding knowledge through increased awareness and sensitivity and the joy of confirming through studying are realized in the Intermediate level"

Advanced I \$870*/\$970

"Refinement of movement, knowledge of Ohashiatsu, and humbleness of not knowing anything yet are realized in the Advanced level"

8 days Room and Board \$750*

includes Ohashi's cooking class and party.



A non-profit educational organization since 1974
Our mission is to promote health and greater understanding.

The Ohashi Institute is a not-for-profit, tax exempt educational organization that qualifies for 501(c)(3) status under the Federal Internal Revenue Service Guidelines. We are also a US Government recognized Institution to provide M1 student visas.

NCBTMB CEU PROVIDER # 450117-06

REGISTRATION FORM (Please print)

Name _____

e-mail _____

Address _____ Apt # _____

City _____ State _____ Zip _____

Telephone _____ Cell _____

Occupation _____

Date of birth _____ Sex _____

How did you hear about us? _____

Course title _____

Course fee \$ _____ + Room & Board \$ 750

Total amount due: \$ _____

Amount enclosed: \$ _____

Balance due: \$ _____

Visa Mastercard Discover

Amex Check Cash

Credit card # _____

Expiration date _____

Signature _____

***To receive a discount of \$100, pay in full tuition and R&B fees by June 11, 2009. You may make a deposit of 50% of the total fee (tuition and R&B together) in which case the balance would be due on June 1.**

You may pay by cash, credit card, a check drawn on an American bank, international money order, or bank transfer. We also offer an installment payment plan, but no discount apply.

Transfer and Withdrawal: If you register for a course at Zendo and have to transfer to another summer or fall course, you'll be charged a \$20 transfer fee. You may withdraw from the Zendo program by June 30, withdraw fee \$100.

Private Ohashiatsu sessions and tutorials are extra.
Repeaters 50% off tuition.

Please return this form with your payment to:
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646-486-1187