

GUERRILLA SESSIONS !?!?!?

Yes! Guerilla Sessions! It's my nature to follow my intuition, hunches and dreams, and this summer an idea suddenly emerged: to express presently un-lived freedom and yearnings. The expression will be in the form of spontaneously organised practice sessions, on specific themes and for specific target groups. And, well, that dropped into my head with the label 'Guerilla Sessions', and who am I to meddle with my intuition and hunches? Naturally, as a gesture of willingness, I looked for more customary terms, but none appealed better to my gut feeling. Sometimes I am suddenly moved and/or I am working, outside the lessons, on a certain aspect of Tibetan yoga & meditation, qigong or karate or something closely related and then I just want to share that right away. The ongoing lessons aren't always the most suitable platform – sometimes, but not always. And besides, I'm only half-suited to regularity, order and conventions, and I always have to do something for that *other* half. That something will be Guerilla Sessions ☺.



This is how it will work. When the inspiration hits, I will get word to relevant KenKon members about **what, where, when, for whom and what it costs.**

In terms of **content** the sessions will presumably have one or more of the following: intensity, depth, integration or uniqueness. More than that I don't know yet myself!

The **duration** will vary; from an hour to a day? Two days?

Some sessions will be open to everyone; others will be for a specific group, such as advanced karateka or people with meditation experience.

The **advance notice** will always be short. Most likely not more than a week beforehand. Maybe even only a day ahead.

Notice will in any case be spread by E-mail, [Facebook](#), [Twitter](#), [LinkedIn](#), the Website and, of course: word of mouth! Other possibilities such as text messaging or WhatsApp are still being explored. If you don't want to miss out on opportunities, make sure you are in maximal contact: that your e-mail address is correct in our files, that you are following the Twitter account, that you are connected by Facebook to me personally and/or KenKon, that you are connected on LinkedIn and that you check the website often. Non-members can also find out about these sudden encounters this way.

The **costs** can be 0, a voluntary donation, a donation to a charity, something to eat afterwards, or something else altogether. In other words: as unpredictable as the idea itself.

Mostly these will **take place** at KenKon, but a session in a park is also conceivable.

Who knows – maybe in the future Guerilla Sessions will be offered by other KenKon trainers.

Warm regards and see you soon,

Sydney Leijenhorst