



KENKON ONLINE SCHEDULE - APRIL 2020



PARTICIPATION POSSIBLE THROUGH:

1. KenKon Membership
2. Free Donations [see below*]
3. By Personal Invitation

Want to join, but not a KenKon Member?

Mail to: sydney@kenkon.org to request access and support materials

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MONDAY [starting on April 6]						
11.00 h [11 am]	Qigong	English	White Crane Soft Qigong	60 m	Sydney	KenKon Members [qigong], aikidoka & International guests
17.00 h [5 pm]	Karate	English	Junbi Undo, Kokyu Undo, Hojo Undo, Basics, Sanchin and others	60 m	Sydney	KenKon Members [karate], IOGKF [Netherlands] Members
19.30 h [7.30 pm]	Tibetan Meditation	Dutch or Bilingual	Tsalung [energy work] based meditation	60 m	Berry	KenKon Members [Tibetan meditation & qigong at request]
19.30 h [7.30 pm]	Topic at request	Dutch or Bilingual	T.B.A.	60 - 180 m	Sydney	Up to the organizer

TUESDAY [starting on April 7]						
9.30 h [9.30 am]	Tibetan Meditation	Dutch or Bilingual	5 Element Yoga & Meditation	60 m	Sydney	KK members [Tibetan meditation & qigong at request]
16.30 h [4.30 pm]	Open Format Meditation	English	Basics & Earth-Space-Union Meditation [aka 'Mahamudra Process']	60 m		WUR personel, KenKon members [Tibetan meditation] & International guests
19.30 [7.30 pm]	Qigong	Dutch or Bilingual	18 exercises [Taiji qigong shibashi]	60 m	Sydney	KK Members [qigong]

WEDNESDAY [starting on April 1]						
11.00 h [11 am]	Integral Warrior Workout	English	Power & Fitness Training for Physical, Psychological & Spiritual Strength	45 m	Sydney	KenKon members [karate] & Invitees
19.30 [7.30 pm]	Karate	Dutch or Bilingual	Junbi Undo, Kokyu Undo, Hojo Undo, Basics, Sanchin and others	60 m	Sydney	KenKon Members, IOGKF Netherlands Members, Invitees

THURSDAY [starting on April 2]						
16.30 h [4.30 pm]	Qigong	Dutch or Bilingual	White Crane Soft Qigong	60 m	Sydney	KenKon members + Aikidoka
19.30 h [7.30 pm]	Tibetan Meditation	Dutch or Bilingual	Tsalung [energy work] based meditation	60 m	Sydney	KenKon Members [Tibetan meditation & qigong at request]

FRIDAY [starting on April 3]						
11.00 h [11 am]	Tibetan Yoga	English	A selection from various systems of Tibetan Yoga, such as Lujong, Trulkhor, Tsalung and others	90 m	Sydney	KenKon Members [Tibetan meditation] & Invitees
19.30 [7.30 pm]	Karate	Dutch or Bilingual	Junbi Undo, Kokyu Undo, Hojo Undo, Basics, Sanchin and others	60 m	Sydney	KenKon Members [karate], IOGKF Netherlands Members, Invitees

SATURDAYS & SUNDAYS ⇒ Webinars ⇒ Stay Tuned! Organize! or Request!

'OFFICE HOURS': Private Coaching, Personal Training & Private Tuition ⇒ contact through: sydney@kenkon.org

MAKING DONATIONS or PAYMENTS

By Bank Transfer:

KenKon: NL04 ABNA 0447 0282 86 [BIC: NL04 ABNA]

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Go to www.xoom.com

Cash or Check:

Send to or deliver at KenKon, Nieuwe Kanaal 11, 6709PA Wageningen