

THE WINTER RETREAT

with

Peter Ralston and Brendan Lea

THE WINTER RETREAT



For the first time in over 20 years we are offering a Winter Retreat. Texas in the winter is often warmer than up north, but it does get cold even though on some days the temperatures can be 80 F (27 C) in January. But now that we have a fully insulated center with heat and AC, we can comfortably do work any time of the year.

We are taking this opportunity to do the great Cheng Hsin martial and body-being work all in one retreat. We start with the Body Consciousness week, followed by a week in the Art of Effortless Power, and the Boxing Intensive. Then for those that want to go into more advanced levels of the martial we will have an optional week at the end of the month.

Body Consciousness Camp

You will learn how to use the body more effectively and effortlessly, as well as more powerfully. You will develop skills such as being able to feel and connect with another's whole body, or any object. You will explore how the mind can create many skills and powers that most people

don't have. You'll learn about correct structure, and the principles that make a huge difference in both body and mind. You will become more aware of your environment, three-dimensions, and increase your perceptive faculties. You will improve your level of sensitivity, awareness, enhance and enlivening your nervous system, develop greater mind control, and much more. You will learn more than you imagine is possible, and ground it in real experience, not just beliefs.



This workshop combines contributions from a study of anatomy, physiology, psychology, spirituality, meditation, mind control, and tons of experiential investigations into the nature and principles of the body and how it works most effortlessly and effectively. Although we tend to take our bodies for granted and consider them just a tool, when we look deeply into it, it turns out to be mind-blowingly complex and sophisticated, with far more potential than we normally access.

Sound like an essential study you would benefit from? Join us in this new adventure.



Consider what hands-on experience with the founding facilitators of the Effortlessly Effective Body-Being could teach you.

No previous training is necessary

Training will be eight to nine hours a day. With meals and lots of human interaction.

THE ART OF EFFORTLESS POWER

In this new approach to teaching the Art, I plan to implement the practice and study of the Art as a means to reveal limits in the students' experience and to create new openings for experience outside these limits.

Often we focus so hard on the technical side of an art that we neglect the subtle qualities of relationship that are crucial to masterful interaction. We mindlessly inflict our techniques upon our partner, the planet, the ball, the team, or the instrument. Mastery, on the other hand, is a thoroughly open and creative experience—the ability to relate fluidly to each particular situation and to any changes that occur. This principle applies to all relationships, not just the ones we call martial.



What is the Art of Effortless Power?

The Art of Effortless Power has its roots loosely related to traditional arts like T'ai Chi, Aikido, and Judo, with contributions from Pa Kua, Jujitsu, and influence from boxing. This Art is primarily an art of throwing and uprooting. The student learns to neutralize aggression, blend with outside forces, disrupt the balance and power of attackers and project them through space or throw them to the ground. The Art of Effortless Power incorporates the ground-breaking explorations that have distinguished the teachings of Peter Ralston.

The Art of Effortless Power is uniquely geared to meet any situation because it is founded on understanding the principles in which all interaction takes place. It has been designed out of a deep and profound experience of the principles of effortless power and effective interaction.

It is only . . . when emotion and intellect, hands and feet can meet the demands of the changing situation that a decision over life and death lies with oneself and not with the opponent.

Chosan Shissai, 18th Century
Japanese Swordmaster

- Consider what two weeks of hands-on experience with the foundation facilitators of the art could teach you.

No previous training is necessary;
but if you haven't studied with Ralston before
start with week one.

Training will be eight to nine hours a day. Generally, a day will begin at 8:30am with a warm-up and training period, then a short break and a morning class. A lunch break is followed by two more afternoon classes. We will break for dinner and end the day with evening classes, wrapping up around 9 P.M.

Videos:

An Introduction to the Arts of Cheng Hsin
and *Instructional Level One* or higher

Books:

Zen Body-Being
The Principles of Effortless Power
The Art of Mastery

Boxing Intensive

The third week is the Striking Arts Intensive. Here you will learn the best pugilistic skills to be found anywhere in the world. We wear gloves and develop the physical, mental, and strategic skills necessary to master the striking arts. More advanced students can work to combine this with throwing arts.

During this intensive we will work on effortless but powerful punching, dodging, basic and advanced strategies, footwork, perceptive skills, "reading" skills, and much more.

We will engage in exercises in awareness for increasing consciousness — so necessary for mastery — and will teach as much as we can of Huan Sheng ("to spring up on every side, as prolific as thought" — the highest level of martial skill).

We will also train new ways of thinking and feeling that are designed to help you become more effective in free fighting. The more advanced students, who also train in the throwing arts, can choose to work on Choy Lin ("to Pluck the Flower") Cheng Hsin's mixed martial art. Here we combine boxing with throwing, and give a quick look at grappling.



Ralston winning in the World Tournament

Expect hard work and rigorous physical training. A training period will be 1.5 hours long with breaks in between.

Experience

No previous experience is necessary. If you have none, then count on being “over your head” from time to time. This is fine. You will get all that you could possibly get otherwise, simply more will occur at a deeper level than you will be able to absorb at the time (it may make sense later on as the workshop material continues to resonate for months afterwards).



Ralston in the Muhammed Ali of the Internal Martial Arts.

Epi van de Pol

Schedule

Roughly eight hours of fighting instruction and training will occur each day. The pool is great for breaks, and most evenings the hot tub is available for tired bodies.

Equipment

Bring your own boxing gloves, 16oz. or larger — something with the fist fully cushioned. If you'd rather not bring gloves, you may rent a pair here. (\$20/wk). Bring your own mouthpiece, loose clothes, soft cotton-bottom Chinese slippers or something similar are recommended (we'll be training on mats so footwear must be soft and non-abrasive).

About Brendan Lea

Brendan Lea has been studying with and assisting Ralston for over 20 years. He has been in every apprentice program done at the Center from the beginning. Trained by Ralston to both teach the Arts and facilitate consciousness workshops he is a competent and compassionate teacher.



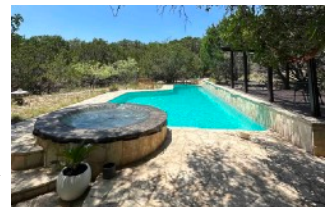
The Retreat Space

This retreat will be held on a private 14 acre property. Breaks should be refreshing and relaxing. The schedule leaves some room for recreation, and introspection as you reflect on the work and soak in the experiences of the day.

What's Included:

The cost of the martial sections includes instruction, room and board, a huge space with good mats, and great instruction in the best art in the world.

The Center



- Our center includes a 40x80 foot hall with kitchen, showers, sinks, and toilets.

- People will be housed in the building, including a large cot, foam, sleeping bag, pillow and sheets.

- We have a large swimming pool and hot tub.

Signing Up:

To secure the most inexpensive fee available, a non-refundable deposit is due far in advance. For exact amounts and dates, see the information below.

It is difficult to convey the real scope and depth of this retreat. If you have any questions after reading this material, please feel free to contact us:

Ralston@ChengHsin.com

Cheng Hsin Spring Retreat Logistical Information

WHERE TO GO:

You will fly into the San Antonio airport. Arrange to arrive before 3:30pm on the arrival day of your workshop, or come in the night before and stay at a hotel. Further details will be provided when you sign up. If you plan to drive, directions will be provided when you sign up.

COST:

If you send in a deposit of \$520 (non-refundable) by November 15 you will receive the largest discount available off the regular price. If your deposit arrive by January 15 you can also receive a substantial discount. (Discounts are already included in price list below.)

The price breakdown for each section is as follows:

Duration	One Week	Two Weeks	Three Weeks	All Four Weeks
Deposit by September 15:	\$1,520	2,520	3,420	4,220
Deposit by December 15:	\$1,620	2,620	3,520	4,320
No early deposit:	\$1,770	2,770	3,670	4,470

Any questions?

Contact me at: Ralston@ChengHsin.com

The Winter Retreat

- ☐ BODY CONSCIOUSNESS CAMP
- ☐ THE ART OF EFFORTLESS POWER
- ☐ BOXING INTENSIVE
- ☐ OPTIONAL MARTIAL WEEK

My deposit of \$520 is enclosed and scheduled to arrive by: ☐ Sept. 15, ☐ Dec. 15, ☐ later than 12-15

All students: register online at PeterRalston.com

All deposits are non-refundable

(US Students: can make **checks to "Cheng Hsin"; mail to: Peter Ralston, PO Box 63080, Pipe Creek, TX 78063)
Cheng Hsin website: www.ChengHsin.com

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Arrivals	BCC	BCC	BCC	BCC	BCC	BCC
departures and arrivals	ART	ART	ART	ART	ART	ART
departures and arrivals	BOXING	BOXING	BOXING	BOXING	BOXING	BOXING
departures and arrivals	ART 2 OPTION	ART 2 OPTION	ART 2 OPTION	ART 2 OPTION	ART 2 OPTION	ART 2 OPTION
Retreat De- partures						