

INTRODUCING

# FUN KI FOR KIDS

AFTER SCHOOL SELF-ESTEEM WORKSHOPS - COMING TO A VENUE NEAR YOU

TITIRANGI COMMUNITY CENTRE.  
WEDS FROM 17/6/09 3.30 - 4.30 50 CENTS

Fun Ki for Kids, is a totally new initiative to foster self-esteem in young girls.

### WHAT DO WE DO?

We have fun with Ki, the Japanese word for nature's energy, also known as prana, and chi.

Exploring Ki, natural movement, to improve physical balance, we naturally learn how to communicate in an assertive, non-imposing and balanced way. Ki teaches us how to allow everyone the space they need to express themselves without losing our own agenda.

**BUT WHAT IS AN AGENDA?** Your agenda is your list of what's on, what you want to do or say or what you want to happen at any given time.

**THAT SOUNDS GOOD. WHY DO SOME PEOPLE NOT LIKE THEM?** Sometimes agendas are "hidden". A "hidden agenda" is when someone is trying to get you to do something, accept something, or think something, without saying so up front.

**THAT SOUNDS A BIT DODGY!** It does, doesn't it. Hidden agendas do not want you to have an agenda of your own at all, because they are afraid that will mean they are less free, or will not be able to do what they want to do.

Although this is very rarely true, it can cause a lot of worry and take away the good feelings that make life brilliant. Luckily, you were born with great instincts for knowing when things like these are happening, so you can change direction fast.

Fun Ki for Kids is about developing physical balance through simple Ki exercises and then building on that grounding in any number of communal creative activities, including drama, music, community projects, campaigns, visits, cooking, and all kinds of making activities, using humour and fun.

**GUESS WHAT?** It's great to have an agenda. It means you know what you want and now you can go about getting it, **AND YOU CAN DO IT** without hurting anyone else!



## about

### ANGEL GARDEN....

trained as a teacher of self-defence in 1990. I have taught many courses to women and girls as well as men. Since then I developed assertiveness courses and completed many for the local authority in Bristol, UK, developing substantial skills in group-work. I also studied Ki Aikido, (The Way of Harmony), for ten years, achieving the grade of 2nd Dan.

any  
and all means but not  
violence

CALL 817 4127 FOR MORE INFO OR EMAIL:-  
[INFO@FUNKIFORKIDS.COM](mailto:INFO@FUNKIFORKIDS.COM)



ANGEL GARDEN

Film-maker, actor, writer, teacher, musician, activist.



ALWAYS REMEMBER

YOU HAVE THE RIGHT TO BE JUST AS  
YOU ARE



GIRLS ARE GREAT!

every girl holds within her the unbroken line  
from the very first woman to now, and  
onwards into the future