



Psychocalisthenics®

An Arica™ training by Oscar Ichazo sponsored by Staying Alive

Psychocalisthenics® reduces aging by promoting vital energy throughout the entire body, increasing agility, mental clarity, emotional balance, and natural physical beauty.

The key to health is vital energy, which the Chinese call chi. This energy is what we need if we are going to restore and regenerate ourselves. Exercise aimed at promoting vital energy throughout the organism dramatically reduces the process of aging itself. What Psychocalisthenics® offers is a set of exercises that can be a determinant in the outcome of our efforts for achieving plenitude, love, and understanding.

FROM HEALTH PROFESSIONALS

“When I do Psychocalisthenics® I feel good all day. I recommend them to anyone who wants a better lifestyle. They are suitable for anyone – young or old, and take only 5 hours to learn.” **Patrick Holford, Nutrition author**

“I’ve been a doctor for 27 years - Psychocalisthenics® is the fastest, most inexpensive way to prevent illness that I know of.” **Dr Richard Apollo**

FROM THE PUBLIC AND PRESS

“I’ve been doing Psychocalisthenics® daily for 17 years - in hotel rooms, on film sets, locations - wherever I’ve been working. It makes me feel forever young!”

Mike Shoring, Filmmaker

“Psychocalisthenics® is exercise pared to perfection. Simple to learn, easy to practice – it’s a maintenance and rejuvenation strategy for your whole body.”

Jane Alexander, **Daily Mail**

In MASTER LEVEL EXERCISE, PSYCHOCALISTHENICS®, the specific sequence of 23 movement/ breathing exercises fulfils the purpose of promoting health and anti-aging. The exercise awakens every muscle group in the body. They take just 15 minutes to perform, giving you lots of extra energy and awareness. Each exercise has a precise movement and breathing pattern that promotes vital energy into all your organs, glands, and tissues, making you happy and alert.

Benefits

- Anti-aging
- Mental Clarity
- Expanded Happiness
- Improved Health
- Emotional Balance
- Increased Agility

Oscar Ichazo

Psychocalisthenics® is the basic bodywork of the Arica School that was founded in 1968 by Oscar Ichazo as a School of Knowledge. This type of school has been in existence since ancient times, from the Greek Schools to the schools of the Hindu, Buddhist and Sufi traditions. As in all schools of knowledge, the Arica School provides a method of enlightenment. Oscar Ichazo developed this exercise system 35 years ago for awakening the vital energy of his students in order to enhance the vitality required during formal sessions of meditation.

Oscar Ichazo, designer of Psychocalisthenics®, received The Award of Excellence of the United Nations Writers' Society for his outstanding contribution in the field of self-development.

What makes the Arica School different from the ancient schools is that it provides a contemporary method of enlightenment, employing biology, psychology and physics in order to clarify human consciousness with modern knowledge, producing freedom and liberation.

For information on Arica see: www.arica.org; for more information on Psychocalisthenics: www.pcals.com

Staying Alive runs regular training sessions for you to learn PSYCHOCALISTHENICS®. The training will last one day (5 hours) and includes a full explanation of all the 23 movements, a wall chart and a booklet, allowing you to progress to the Master Level Exercise in your own environment.

One day's training allows you to continue and progress with the exercise on your own and experience the enlightenment as a whole.

To find full details of our training events and to book your place go on line to www.mindyourwellness.co.uk or email michael@mindyourwellness.co.uk

Tel: 01827 881360 Mobile: 07866 471596

Cost: £89 (Includes wallchart and booklet)
Other products, CD, DVD and Book will be available to purchase at the event.

*If paying by cheque please send with your order number from the booking site to Staying Alive (UK) Ltd. Dutch Barn, Overfields, Watery Lane, Sheepy Magna, Warwickshire CV9 3RG

www.mindyourwellness.co.uk