

# Cheng Hsin Holland Camp

15 - 28 August 2025



with **Brendan Lea**

- **Art of Effortless Power**
- **Boxing**
- **Tai Chi Chuan & Body Being**
- **Ending Unnecessary Suffering Workshop**

### ***Early Bird***

*Sign up and make your deposit before February 15<sup>th</sup> 2025 to receive a substantial discount on all workshop costs!*

Peter Ralston has offered yearly workshops at the Cheng Hsin Holland Camp for over three decades and deeply inspired thousands of people in the martial and consciousness communities around Europe. In 2025 we welcome his top student Brendan Lea from the USA to facilitate the Cheng Hsin Holland Camp for the second time. You are warmly invited to join in!

### **Brendan Lea**

Brendan has steadily studied with and has virtually lived with Peter Ralston for the last 17 years. He has done every apprenticeship program (going on eight), and lives at the Center and still studies. He has been training in facilitation and assisting Ralston as a facilitator in his consciousness workshops for years. He also runs his own workshops in cities in the US and other countries.

His commitment to study and training has created a great awareness and understanding of the dynamics of mind and body as they apply to effective interaction. Through years of intense contemplation he has also developed a deep understanding of self, life, and



reality. This allows him to powerfully facilitate others in having the breakthroughs and insights necessary to expand their own consciousness and create new skills.

**Art of Effortless Power**  
**15 - 21 August 2025**  
**weekend or six day workshop**

In this workshop you will deeply explore the principles that found body design and function, effortless power and skilful physical interaction. All teachings will be based on understanding and training principles rather than following dogma and routines.

The Art of Effortless Power is a dynamic art with many techniques, footwork, and lots of internal work on relaxation, feeling awareness, balance and freeing up ineffective mental patterns. You will be questioning assumptions, overcoming beliefs and transforming how to use your body. It is a joyful learning experience.

The workshop has a highly intensive and structured format. You will be challenged to change your own experience towards that of being effective whilst remaining totally relaxed and calm. We will be working from the ground up. With props, techniques, games and exercises which you can take into your own art to help you deepen your work. Note that the evenings of Tai Chi Chuan and Body Being are included in this workshop.

**Tai Chi Chuan & Body Being**  
**15 - 20 August 2025**  
**six evening workshop**

This six evening workshop will give you an experiential investigations into the nature and principles of the body and how it works most effortlessly and effectively. You will learn to become more relaxed, open, grounded, centred and



Brendan Lea teaching martial arts

balanced. You will increase awareness and sensitivity to your own body and learn how to best use it. During this workshop you will also learn the Cheng Hsin Tai Chi mini set or 64 Tai Chi Chuan set.

**Boxing**  
**21-22 August 2025**  
**one day workshop**

Cheng Hsin boxing arts are unmatched in their depth of intelligence and level of understanding about the nature of effective interaction. You will learn to develop effortless striking, invincible defences and strategic understanding of rarely visited domains of human mind and perception, not to mention physics and physiology. This workshop starts on Thursday evening.

## Ending Unnecessary Suffering Workshop

22 - 28 August 2025  
six day workshop

Ralston has created a brand-new workshop. It is called, The Ending Unnecessary Suffering (EUS) workshop, and delivers powerful understandings that will change one's life, eliminating all unnecessary suffering and allowing you to experience being a complete and whole person without defect or needing something you don't have.

Within this workshop, we create the experience of living life as a real and powerful activity, and not as a plethora of rather unbalanced and crazy, or at least unneeded, mental and emotional activities that in the end cause the vast majority of your suffering, as well as a sense that your person and life are somehow incomplete and not as they should be.

It is a very powerful new workshop that really everyone should do. It will change the rest of your life in regards to all those things you do, often unconsciously, that create suffering in so many ways—feeling incomplete, dissatisfied, depressed, fretting, despair, disappointment, upset, unsettled, helpless, unloved, isolated, and on and on. If this sounds like something you'd like to take on, sign up for the Ending Suffering Workshop.



The venue's chapel will be transformed into a dojo.

### Venue

Our venue is Groepsaccommodatie De Elegast beautifully located on a woody hill near Nijmegen. This former boarding school now offers one person cubicle bedrooms with running water. Showers and toilets are on the corridors. Our hosts Karin and Paul will serve you excellent vegetarian meals.

The EUS workshop only offers full lodging. The first week of martial workshops has several options. The first is full lodging (including meals and mat fee). The second is only meals and mat fee. And the third is only a mat fee.

## Costs

		Early Bird	Normal	Accommodation
Art of Effortless Power Weekend 15-17 August (two days)	AEP + TC	€ 145	€ 210	€150 (full lodging) €110 (meals and mat) € 40 (mat fee only)
Art of Effortless Power Week 15-21 August (six days)	AEP + TC	€ 425	€ 600	€450 (full lodging) €330 (meals and mat) €120 (mat fee only)
Art of Effortless Power & Boxing 15-22 August (seven days)	AEP + TC + BX	€ 485	€ 695	€525 (full lodging) €385 (meals and mat) €140 (mat fee only)
Boxing 21-22 August (one day)	BX	€ 90	€ 130	€75 (full lodging) €55 (meals and mat) € 20 (mat fee only)
Tai Chi & Body Being 15-20 August (six evenings)	TC	€ 115	€ 155	€25 (mat fee only)
Ending Unnecessary Suffering 22-28 August (six days)	CLW	€ 525	€ 695	€450 (full lodging)

Costs include both workshop and accommodation costs. You will pay a mat fee if you participate in a workshop without the use of lodging or meals, The **Early Bird** deadline is **15 February 2025**.

## Schedule

August 2025		8.30 -10.30	11-12.30		14 -15.30	16 -17.30		19- 20.30
Friday 15							D*	TC
Saturday 16	B	AEP	AEP	L	AEP	AEP	D	TC
Sunday 17	B	AEP	AEP	L	AEP	AEP	D*	TC
Monday 18	B	AEP	AEP	L	AEP	AEP	D	TC
Tuesday 19	B	AEP	AEP	L	AEP	AEP	D	TC
Weds. 20	B	AEP	AEP	L	AEP	AEP	D	TC
Thursday 21	B	AEP	AEP	L	AEP	AEP	D*	BX
Friday 22	B	BX	BX	L	BX	BX	D*	EUS
		8 - 9.30	10-11.30		13 -15	15.30-17		18.30 -20
Saturday 23	B	EUS	EUS	L	EUS	EUS	D	EUS
Sunday 24	B	EUS	EUS	L	EUS	EUS	D	EUS
Monday 25	B	EUS	EUS	L	EUS	EUS	D	EUS
Tuesday 26	B	EUS	EUS	L	EUS	EUS	D	EUS
Weds 27	B	EUS	EUS	L	EUS	EUS	D	EUS
Thursday 28	B	EUS	EUS	L	EUS	EUS	*	

B = breakfast  
L = Lunch  
D = Dinner

AEP = Art of Effortless Power  
TC = Tai Chi Chuan  
BX = Boxing  
EUS = Ending Unnecessary Suffering workshop

\* = Check in and check out periods for participants with full lodging.

## Registration

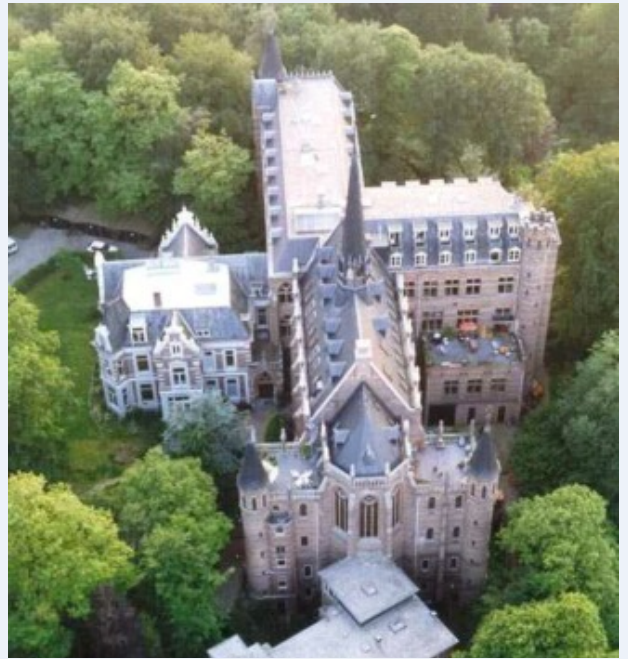
- Sign up by sending in the registration form and also make sure to transfer the required **non-refundable workshop deposit**.
- If you sign up and make your deposit **before 15 February 2025** you receive a considerable **Early Bird discount!**
- Remaining payments for accommodation and workshops must be transferred in full by **15 June 2025**.
- If you sign up after **15 June 2025**, a deposit is not required. Instead directly make full payments for accommodation and workshop(s) by transfer.
- After signing up you will receive a preparation letter with general information on lodging, route description, workshop conditions and other requirements.

## Cancellation terms

- Cancelling any of the workshops before 15 June 2025 means that your deposit will not be refunded.
- Cancelling any of the workshops after 15 June 2025 means that 40% of the workshop costs will not be refunded.
- Cancelling any of the workshops within two weeks prior to the start of the workshop means the whole amount (workshop and accommodation costs) will not be refunded.

## Payments

Make your payments to:  
**Effortless Power training & coaching**  
IBAN NL85 TRIO 0198369425  
BIC: TRIO NL2U  
Mentioning: **CH Holland Camp 2024**



Overlooking our venue from above

## Contact

In case you have any questions regarding these terms, registration or the Cheng Hsin Holland Camp in general please contact:

Rob van Ham  
Grotestraat 40  
6511 VD Nijmegen  
the Netherlands  
0031 6 2900 8785  
[info@chenghsin.nl](mailto:info@chenghsin.nl)  
[Cheng Hsin Nijmegen](http://ChengHsinNijmegen.nl)



# Registration form | Cheng Hsin Holland Camp 2025

Send in this registration form or all required information **by e-mail to: [info@chenghsin.nl](mailto:info@chenghsin.nl)**.

Name: .....

Address: .....

Place: .....

Country: .....

Telephone: .....

E-mail: .....

All meals are vegetarian. Please indicate if you have any specific **food diets or allergies:**

yes, specifics: .....

Your registration will be valid only after transferring the required non-refundable deposit. To get your **Early Bird discount** make sure to register and get your deposit in by **15 February 2025**. Remaining payments for lodging and workshops must be transferred in full by 15 June 2025. If you sign up after 15 June make all payments in full directly. Note: Art of Effortless Power weekend and week include Tai Chi and Body Being evenings.

	<b>Workshop costs</b>	<b>&amp; deposits</b>	<b>Accommodation costs</b>
<input type="checkbox"/> <b>Art of EP Weekend + 2 Tai Chi evenings 15 - 17 August</b>	<input type="checkbox"/> € 145 (Early Bird) <input type="checkbox"/> € 210 (normal price)	<input type="checkbox"/> € 55 <input type="checkbox"/> € 55	<input type="checkbox"/> € 150 <b>two days</b> full lodging <input type="checkbox"/> € 110 only meals and mat fee <input type="checkbox"/> € 40 mat fee only
<input type="checkbox"/> <b>Art of EP Week + 6 Tai Chi evenings 15 - 21 August</b>	<input type="checkbox"/> € 425 (Early Bird) <input type="checkbox"/> € 600 (normal price)	<input type="checkbox"/> € 155 <input type="checkbox"/> € 155	<input type="checkbox"/> € 450 <b>six days</b> full lodging <input type="checkbox"/> € 330 only meals and mat fee <input type="checkbox"/> € 120 mat fee only
<input type="checkbox"/> <b>Art of EP Week + 6 Tai Chi evenings + Boxing 15 - 22 August</b>	<input type="checkbox"/> € 485 (Early Bird) <input type="checkbox"/> € 695 (normal price)	<input type="checkbox"/> € 155 <input type="checkbox"/> € 155	<input type="checkbox"/> € 525 <b>seven days</b> full lodging <input type="checkbox"/> € 385 meals and mat fee <input type="checkbox"/> € 140 mat fee only
<input type="checkbox"/> <b>Boxing Day 21 - 22 August</b>	<input type="checkbox"/> € 90 (Early Bird) <input type="checkbox"/> € 130 (normal price)	<input type="checkbox"/> € 35 <input type="checkbox"/> € 35	<input type="checkbox"/> € 75 <b>one day</b> full lodging <input type="checkbox"/> € 55 meals and mat fee <input type="checkbox"/> € 20 mat fee only
<input type="checkbox"/> <b>Tai Chi Chuan 6 evenings 15 - 20 August</b>	<input type="checkbox"/> € 115 (Early Bird) <input type="checkbox"/> € 155 (normal price)	<input type="checkbox"/> € 35 <input type="checkbox"/> € 35	<input type="checkbox"/> € 25 mat fee only
<input type="checkbox"/> <b>Ending Unnecessary Suffering Workshop 22 - 28 August</b>	<input type="checkbox"/> € 525 (Early Bird) <input type="checkbox"/> € 695 (normal price)	<input type="checkbox"/> € 155 <input type="checkbox"/> € 155	<input type="checkbox"/> € 450 <b>six days</b> full lodging

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**Total of workshop costs, deposits and accommodation costs:** € ..... € ..... € .....

Make ALL your PAYMENTS to: **Effortless Power training & coaching**  
Mentioning: **Cheng Hsin Holland Camp 2024**  
IBAN: **NL85 TRIO 0198369425**  
BIC: **TRIO NL2U**

Signature: .....