

# SANTA CRUZ AIKIDO SUMMER RETREAT 2018

*with Senseis Mary Heiny and Linda Holiday  
& Special Guest Instructors: Robert Frager, Jack Wada, Danielle Smith,  
Kimberly Richardson, Juerg Steiner, & Jean-Pierre Kunzi*

## “Gratitude” 感謝 (Kansha)

### SCHEDULE: JULY 11 – 15

(Sensei) (Times) (Subject to change)  
**WEDNESDAY JULY 11**

	4:30 – 6:00 pm	Registration (at the Civic Auditorium)
Heiny, Steiner, & Holiday	6:30 – 8:30 pm	Opening Keiko (for All, at the Civic Auditorium)

### **THURSDAY JULY 12**

Heiny	7:00 – 8:00 am	Keiko – “Gratitude: Its Simplicity & Complexity - 1”
Holiday	10:00 – 11:15	Keiko (for All, at Civic Auditorium)
Heiny	11:30 – 12:30	Keiko (for All, at Civic Auditorium)
Kunzi	2:30 – 3:30	Class - for 1 <sup>st</sup> Kyu & below (at ASC dojo)
Smith	3:45 – 4:45	Class - for 1 <sup>st</sup> Kyu & below (at ASC dojo)
Wada	2:30 – 3:30	Black Belt Sword Class (at Civic Auditorium)
Frager	3:45 – 4:45	Black Belt Class (at Civic Auditorium)
Holiday	7:15 – 8:30 pm	Keiko (for All, at Civic Auditorium)

### **FRIDAY JULY 13**

Heiny	7:00 – 8:00 am	Keiko - “Gratitude: Its Simplicity & Complexity - 2”
Steiner	10:00 – 11:15	Keiko (for All, at Civic Auditorium)
Heiny	11:30 – 12:30	Keiko (for All, at Civic Auditorium)
Smith	2:30 – 3:30	Sword Class (for All, at Civic Auditorium)
Kunzi	3:45 – 4:45	Keiko (for All, at Civic Auditorium)
Holiday	7:15 - 8:30 pm	Keiko (for All, at Civic Auditorium)

## SATURDAY JULY 14

Heiny	7:00 – 8:00 am	Keiko - <i>"Gratitude: Its Simplicity &amp; Complexity - 3"</i>
Richardson	10:00 – 11:15	Keiko (for All, at Civic Auditorium)
Steiner	11:30 – 12:30	Keiko (for All, at Civic Auditorium)
All	12:30 – 1:00	Group photo; Anno Sensei video
Holiday	3:30 – 5:00	Keiko (for All through 3 <sup>rd</sup> dan, at Civic Auditorium)
Heiny	3:30 – 5:00	Keiko (for 4 <sup>th</sup> dan & above, or over 20 years of Aikido) at Aikido of Santa Cruz Dojo
	8:00 – 10:30	Party at the Dojo, for everyone! (Desserts, Music, Dancing, at Aikido of Santa Cruz)

## SUNDAY JULY 15

Holiday & others	7:00 – 8:00 am	Misogi Practice - at Natural Bridges Beach <i>Wear gi, no hakama, bring towel and positive Ki! Bring your Bokken (wooden sword), or borrow one at the beach.</i>
Heiny	10:00 – 11:15	Keiko (for All; at Civic Auditorium)
Holiday	11:30 – 12:30	Keiko (for All; at Civic Auditorium)
All	12:30 - 1:00	Ending Circle
	1:00 pm	Pack up mats (thanks for helping!)

*A deep bow of gratitude to all.*

*See you next year!*