

SANTA CRUZ AIKIDO SUMMER RETREAT 2019

with Senseis Mary Heiny and Linda Holiday

& Special Guest Instructors:

Kayla Feder, Michael Friedl, Richard Strozzi-Heckler, & Jack Wada

INRYOKU 引力 *"Cultivating the Power of Attraction"*

SCHEDULE: JULY 10 – 14

<i>(Sensei)</i>	<i>(Times)</i>	<i>(Subject to change)</i>
<u>WEDNESDAY JULY 10</u>		
	4:30 – 6:00 pm	Registration <i>(at the Civic Auditorium)</i>
Heiny & Holiday	7:00 – 8:45 pm	Opening Keiko <i>(for All, at the Civic Auditorium)</i>
<u>THURSDAY JULY 11</u>		
Heiny	7:00 – 8:00 am	Keiko – <i>"The Foundations of Inryoku - 1"</i>
Holiday	10:00 – 11:15	Keiko <i>(for All, at Civic Auditorium)</i>
Heiny	11:30 – 12:30	Keiko <i>(for All, at Civic Auditorium)</i>
Feder	2:30 – 3:30	Class - for 1 st Kyu & below <i>(at ASC dojo)</i> <i>Note: Will include practice with bokken (wooden sword)</i>
Friedl	3:45 – 4:45	Class - for 1 st Kyu & below <i>(at ASC dojo)</i>
Wada	2:30 – 3:30	Black Belt Class <i>(at Civic Auditorium)</i>
Strozzi	3:45 – 4:45	Black Belt Class <i>(at Civic Auditorium)</i>
Holiday	7:15 – 8:30 pm	Keiko <i>(for All, at Civic Auditorium)</i>
<u>FRIDAY JULY 12</u>		
Heiny	7:00 – 8:00 am	Keiko - <i>"The Foundations of Inryoku - 2"</i>
Holiday	10:00 – 11:15	Keiko <i>(for All, at Civic Auditorium)</i>
Heiny	11:30 – 12:30	Keiko <i>(for All, at Civic Auditorium)</i>
Holiday	3:00 – 4:30	Instructors Class <i>(at Aikido of Santa Cruz)</i>
Strozzi	3:00 – 4:30	Keiko <i>(for All Others, at Civic Auditorium)</i>
Friedl	7:15 - 8:30 pm	Keiko <i>(for All, at Civic Auditorium)</i> <i>Note: Will include practice with bokken (wooden sword)</i>

SATURDAY JULY 13

Heiny	7:00 – 8:00 am	Keiko - <i>"The Foundations of Inryoku - 3"</i>
Holiday	10:00 – 11:15	Keiko (for All, at Civic Auditorium)
Feder	11:30 – 12:30	Keiko (for All, at Civic Auditorium)
All	12:30 – 12:50	Group photo
Heiny	3:30 – 5:00	Keiko (for 4 th dan & above, or over 20 years of Aikido) at Aikido of Santa Cruz Dojo
Holiday	3:30 – 5:00	Keiko (for All through 3 rd dan, at Civic Auditorium)
	8:00 – 10:30	Party at the Dojo, for everyone <i>Desserts, Music, Dancing, at Aikido of Santa Cruz!</i> <i>Note: Cultural Dance Event led by Tesfaye Tekelu, introducing us to East African, Ethiopian dance!</i>

SUNDAY JULY 14

Holiday & others	7:00 – 8:00 am	Misogi Practice - at Natural Bridges Beach <i>Wear gi, no hakama, shoes optional; bring towel and positive Ki! Will include practice with bokken (wooden sword) as well as Shin Kokyu (Misogi) in the water at the edge of the surf. Bring a bokken, 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!