

Mary Heiny, 6th Dan

Seattle, Washington.

After years studying Aikido in Japan in the 60's and 70's, Mary Heiny served as Chief Instructor of several dojos in the United States and Canada. A North American treasure of Aikido with over 35 years experience, Mary Sensei's dynamic technique is complemented by her accessible, eloquent and empowering teaching style.

Linda Holiday, 5th Dan

**Chief Instructor of North Bay Aikido,
Santa Cruz, CA.**

Linda Holiday began her study of Aikido in 1970. She trained intensively in Japan for several years, and since 1976 has devoted herself to the development of North Bay Aikido. Linda Sensei focuses on the integration of the physical, mental, and spiritual aspects of training. She loves the practice of Misogi (purification) - its traditional roots and our contemporary practice here and now.

Kimberly Richardson, 5th Dan

**Chief Instructor of Two Cranes Aikido,
Seattle, WA.**

Kimberly Richardson began her 26 years of training with Mary Heiny Sensei. Determined athleticism, psychotherapy practices, body work training and energy awareness skills are key elements of her spirited teaching. Kimberly has studied throughout the United States, Canada and Japan, most notably with Saotome, Anno, Ikeda and Read Senseis.

“True victory is victory over oneself.” O Sensei

North Bay Aikido
306 Mission Street
Santa Cruz CA 95060



2004

SANTA

CRUZ

AIKIDO

SUMMER

INTENSIVE

Mary Heiny

Linda Holiday

Kimberly Richardson

JULY 8-11

The Communication of

A I K I D O

JULY 8-11: THE COMMUNICATION OF AIKIDO

CO-TAUGHT BY SENSEIS:

MARY HEINY

LINDA HOLIDAY

KIMBERLY RICHARDSON

Through intensifying our practice both on and off the mat, we will explore the nature of Aikido as profound communication.

How does Aikido training develop our capacity for effective, non-violent communication? In what ways does Aikido cultivate the ability to listen, perceive, and connect deeply and well? How can we act in ways which are peaceful, powerful, and express the essential principles of Aikido?

What was the nature of O Sensei's communication? What did he wish to communicate to the world, and to us as students and teachers on the path of Aikido? How is Aikido communicated?

Please join us in addressing these questions in the context of practice. In addition to an intensive on-the-mat Aikido training schedule, there will be a workshop presented by Mary Heiny Sensei on "Nonviolent Communication" to stimulate our inquiry into Aikido principles. All three instructors will participate in a panel discussion focusing on "The Communication of O Sensei". There will also be opportunities to watch videos of the founder of Aikido, to meditate, and to make a deep connection with Nature.

There is a wonderful "magic" which occurs when we gather together to train and to intensify our inquiry into the heart of Aikido. We welcome sincere Aikido students of all levels and from all dojos.

Location

The 2004 Summer Intensive will be held at the North Bay Aikido dojo in Santa Cruz on the central coast of California. We have over 2,000 square feet of training area. The dojo also has a large kitchen, four bathrooms, showers, a student lounge, dressing rooms, library, office, and a garden. Santa Cruz is famous for its beautiful beaches, redwood forests, excellent restaurants and the University of California Santa Cruz campus is close by. (We plan to return to the university campus for the Santa Cruz Aikido Summer Retreat 2005.)

Accommodation

To strengthen our connections as Aikidoists, and to provide more opportunity for inter-dojō communications, North Bay Aikidoists will be offering accommodations in their homes for out-of-town Intensive participants. As before, a limited number of people can stay in the dojo as well. We can also assist you with information about local hotels and hostels. Please indicate on the Registration form which housing options you are interested in.

Important Dates

May 21st: Scholarship applications close

June 11th: Balance due

July 8th: Intensive starts

Questions?

**Contact North Bay Aikido: (831) 423-8326
sretreat@northbayaikido.org**

**Or visit our website at:
www.northbayaikido.org**

Registration & Fees

Intensive: \$145

The intensive will begin at noon on Thursday (first class at 2:00 pm), and conclude with a 1:00 pm lunch on Sunday. A group lunch will also be provided on Friday.

Pre-registration is required, and enrollment will be limited to 70 people. A signed registration form and deposit of \$60 is required to hold your place. Confirmation of registration will be sent to you along with additional information. If the Intensive is filled, your name will be placed on a waiting list. Registrations cannot be transferred to another person.

Cancellations

For cancellations received on or before June 18th, deposits will be refunded less a \$25 service fee. After June 18th, the registration fee will not be refunded unless we can fill your space.

Scholarships

If you would like to apply for a scholarship, request an application when you send in your registration form and deposit.

The scholarship fund comes from participating Aikidoists who wish to help extend this wonderful opportunity to other Aikidoists who are in need of financial assistance. Please consider making a donation of \$20 or more to keep this community based fund flourishing.

North Bay Aikido is a nonprofit educational corporation - your donation may be tax deductible. Thank you.