

2002 RETREAT SCHEDULE

(subject to change)

WEDNESDAY JULY 10

2:00-4:30 Check-in
Dinner
7:00-8:45 Keiko

THURSDAY JULY 11

6:30-7:30 Meditation
Breakfast
9:15-10:30 Keiko
10:45-11:45 Keiko
Lunch
1:45-2:45 Sword (Bokken) Class
3:00-4:00 Sword-taking (Tachi-dori)
Dinner
7:00-8:15 Keiko

FRIDAY JULY 12

6:30-7:30 Chanting Class
Breakfast
9:15-10:30 Keiko
10:45-11:45 Keiko
Lunch
1:30-3:00 "Nonviolent Communication":
an experiential seminar
3:30-4:30 Staff (Bo and/or Jo) Class
Dinner
7:00-8:30 Keiko

SATURDAY JULY 13

6:30-7:30 Keiko
Breakfast
9:15-10:30 Keiko
10:45-11:45 Keiko
Lunch
1:45-3:00 White/Blue/Brown Belt Class
3:15-4:30 Black belt class
Banquet at North Bay Aikido

SUNDAY JULY 14

6:30-7:30 Misogi Practice
Breakfast
9:30-11:30 Keiko
11:45 Take up mats
Lunch
1:00-2:30 Check-out

Send your signed registration form and check
(payable to North Bay Aikido) to:

SANTA CRUZ AIKIDO SUMMER RETREAT
NORTH BAY AIKIDO
306 MISSION STREET
SANTA CRUZ, CA 95060

Register early to reserve your place!

Santa Cruz Aikido Summer Retreat
306 Mission Street
Santa Cruz, CA 95060



SANTA

CRUZ

AIKIDO

SUMMER

RETREAT

Mary Heiny
Linda Holiday
Jack Wada

JULY 10-14, 2002

"True victory is victory over oneself"

Calligraphy by Osensei

RETREAT INSTRUCTORS

Mary Heiny Sensei, 6th Dan; Seattle, WA. After 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. An itinerant North American treasure of Aikido with over 30 years experience, Mary Sensei's dynamic technique is complemented by her accessible and eloquent teaching style. She frequently teaches Aikido seminars in the United States, Canada, and abroad, bringing to every seminar a powerful message of the transformative nature of Aikido practice.

Linda Holiday Sensei, 5th Dan; Chief Instructor of North Bay Aikido in Santa Cruz, CA. Linda Sensei began her study of Aikido in 1970. She trained intensively in Japan for several years in the 70's and has recently enjoyed reconnecting with that training lineage. Since 1976 she has devoted herself to the founding and development of North Bay Aikido in Santa Cruz. Linda Sensei consistently focuses on the key concepts of Osensei's vision of Aikido in a down-to-earth way. Her classes are known for their physical vigor and spiritual renewal.

Jack Wada Sensei, 6th dan; Chief Instructor of Aikido of San Jose, CA. Since beginning his training in 1969, Jack Sensei has dedicated himself to the integration of physical and spiritual practice in Aikido. His deeply based, refined and inspired technique, and his long years of weapons training and meditative practices, make Jack Sensei a tremendous resource. His articulate, insightful teaching style opens up areas of profound inquiry for Aikidoists of all levels. Jack Sensei, Mary Sensei, and Linda Sensei have "shared the mat" with each other for many years, including intensive training in Japan and co-teaching in the U.S. Please join us for their creative Aiki collaboration at this year's Retreat!

LOCATION

The 2002 Summer Retreat will be held at the University of California, Santa Cruz campus with its redwood forests and sweeping views of the Monterey Bay. In addition to nearly 7000 sq. ft. of mat space, facilities include a 50 meter pool, weight room, tennis courts and hiking and bike trails. Housing is provided in spacious double occupancy, two bedroom apartments with living rooms.

QUESTIONS?

Call North Bay Aikido at (831) 423-8326
or visit our website at:
www.northbayaikido.org
email: sretreat@northbayaikido.org

ABOUT THE RETREAT

The Santa Cruz Retreat has a history of generating a training atmosphere of sincerity and mutual respect. We are committed to the promotion of equal opportunity for Aikidoists of any gender, race, sexual orientation or rank. We all benefit from the skills and insight of experienced practitioners while welcoming and progressing with newer students of the art.

In coming together for the 9th annual Summer Retreat, we reaffirm the goal of integrating body, mind, and spirit in our practice. In addition to numerous daily opportunities for general keiko (training), the Retreat offers classes in meditation, misogi, and chanting, a seminar on nonviolent communication, and an evening banquet... many ways to deepen our experience of Aiki community and our personal development as students on "The Way of Harmony."

RETREAT OPTIONS AND COSTS

RESIDENTIAL PLAN: \$425 PER PERSON

Includes all meals, housing, training fees and parking permit. Rooms are double occupancy in spacious 2-bedroom apartments with living rooms. Deposit of \$200; balance due June 9.

COMMUTER PLAN: \$215 PER PERSON

Includes training fees and the banquet at North Bay Aikido. Parking permits are available at registration for an additional \$20. Carpooling, buses and other means of alternative transportation are encouraged. Deposit of \$100; balance due June 9.

REGISTRATION

All participants must register in advance by completing and signing the registration form. A deposit is required to hold your place. Confirmation of registration will be sent with additional information. When the Retreat is filled, your name will be placed on a waiting list. Registrations cannot be transferred to another person.

SCHOLARSHIP FUND

The scholarship fund comes from the Aikidoists participating in the Retreat who are interested in extending this wonderful opportunity to Aikidoists in need of financial assistance. Please consider making a donation of \$25 or more to keep this community based fund flourishing. North Bay Aikido, which sponsors the Retreat, is a non-profit educational corporation so donations are tax deductible. Thank you.

If you would like to apply for one of these scholarships, request an application when you send in your registration form and deposit. If you receive a full scholarship, your deposit will be refunded.

There are also a limited number of scholarships available for out of town participants to stay for free at North Bay Aikido's new dojo facility and register under the commuter plan. Please indicate on the scholarship application form if you are interested in this option.

MEALS

The first meal of the Retreat is Wednesday dinner, and the last meal is Sunday lunch. Commuters are welcome to eat at the University dining hall (or make your own arrangements.) Vegetarian options are always available.

TRANSPORTATION

The two closest airports to Santa Cruz are the San Jose International (30 miles) and the San Francisco International (75 miles). Shuttle service is available from either airport directly to the Retreat. Call the Santa Cruz Airporter at 1-800-497-4997 for rates and reservations.

CANCELLATIONS

For cancellations received on or before June 14, deposits will be refunded less a \$25 service fee. After June 14, registration fees will not be refunded unless we can fill your space.

IMPORTANT NOTES:

MAY 10: SCHOLARSHIP APPLICATIONS DUE

JUNE 9: BALANCE DUE

JULY 10-14: RETREAT

Registration is limited, fills quickly, and is first come-first serve. Send in your deposit early to reserve your space! We will confirm your registration and send you additional Retreat information when we receive your deposit.