



2009 July 9-12, 2009 Santa Cruz Aikido Summer Retreat

*"The ideal economy combines the spiritual and material,
and the best commodities to trade in are sincerity and love."*

-Morihei Ueshiba Osensei, founder of Aikido



Mary Heiny Sensei, 6th Dan - Seattle, Washington
www.maryheiny.com

Linda Holiday Sensei, 6th Dan - Aikido of Santa Cruz, California
www.aikidosantacruz.org

With Guest Instructors:

Kayla Feder Sensei, 6th Dan - Aikido of Berkeley, California
www.aikidoofberkeley.com

Michael Friedl Sensei, 6th Dan - Aikido of Ashland, Oregon
www.aikidoofashland.net



Held at the spacious dojo facility of
Aikido of Santa Cruz
306 Mission Street, Santa Cruz, CA 95060
www.aikidosantacruz.org

*"a non-profit educational organization
serving the community since 1982"*

831-423-8326

Registration:

\$150 (four days of training: Thurs eve-Sun noon);

Only \$130 if paid by April 30th.

Pre-registration required.

Enrollment will be limited, so sign up soon!

Scholarships available for those in need, and we
invite you to donate to the Scholarship Fund.

www.aikidosantacruz.org

email: info@aikidosantacruz.org



正勝吾勝

Masaka Agatsu:
"True Victory; Victory over Oneself"
Calligraphy by Osensei