

**14th ANNUAL
SANTA CRUZ
AIKIDO
SUMMER
RETREAT**

Motomichi Anno Shihan

Mary Heiny

Linda Holiday

Jack Wada

July 11-15, 2007

Santa Cruz Civic Auditorium

Downtown Santa Cruz, CA

*Calligraphy by Osensei:
"True victory;
Victory over oneself"*

***"The goal of Aikido is to bring people
together in friendship and harmony."***

—Morihei Ueshiba, Osensei

ABOUT THE SUMMER RETREAT

“The retreats have been some of the most enjoyable training times of my life.”

–SC Retreat Participant

The Santa Cruz Aikido Summer Retreat generates a training atmosphere of sincerity and mutual respect. We are committed to equal opportunity for Aikidoists of any gender, race, nationality, 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 14th 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 with an emphasis on meditation and misogi... time to train, talk, eat, and dance together... many ways to deepen our experience of Aiki community and our personal development as students on “The Way of Harmony.”

“...the spirit of Osensei was definitely abundant with each session. It is so refreshing to train with so many people dedicated to practicing with Osensei’s teachings as the base.”

–SC Retreat Participant

RETREAT LOCATION

We are excited to announce that the 2007 Summer Retreat will be held at the Santa Cruz Civic Auditorum, in the heart of downtown Santa Cruz. Built in 1939 and host to many of the city’s most beloved events, the Civic’s spacious training area, great energy, and central location make it an exciting place to fill with Aikido. The Civic is within easy walking distance of numerous restaurants, parking, and city bus lines. Out of town attendees have a range of options for housing; please see the last page for details.

Our Summer Retreat has been held many years at UCSC, but the West Field House is unavailable to us in 2007 due to earthquake retrofitting.

For our Retreat dojo...
Once again we have arranged to use Zebra Mats™ Olympic style tatami mats to cover our training area! Contact us to purchase discounted mats after the retreat! www.zebramats.com



RETREAT COMMUNITY CONNECTIONS

“I loved the camaraderie of hanging out with so many folks from so many different areas.” – SC Retreat participant

LODGING

Making connections and enjoying off-the-mat time with other Aikidoists is one of the great pleasures of attending a multi-day retreat. The Japanese word for retreat, *Gasshuku*, literally means “lodging together.” Various lodging options are available to retreat attendees from out-of-town – UCSC apartments, Hotels & B&B’s, the Santa Cruz Youth Hostel – even sleeping in the Civic Auditorium! Please see the last page of this booklet for details. It is the responsibility of each retreat participant to arrange their own accommodations.

Please Note: for all lodging options except UCSC, it is vital to reserve early, as Santa Cruz fills up in summer with vacationers.

MEALS

Dining options are varied: within walking distance of the Civic are many excellent cafes & restaurants of all price levels, a Trader Joe’s and a health food store. We will give you a map of downtown with recommended locations marked. We will also be facilitating a simple order-in lunch on Tues, Wed & Thurs; you must pre-order by 9:15AM each day for this option. Saturday evening we will gather after dinner for Desserts and Dancing in the Civic!

PARKING

Please see the map on the back for parking suggestions. Three all-day lots (max \$5/day) are within walking distance. Please contact us about a Civic parking lot permit if you are a participant with special needs.

MAKING CONNECTIONS WITH OTHERS

There is a Google group set up for people to make housing, dining, and carpooling connections. Go to our website www.aikidosantacruz.org and find the Google group link in the Summer Retreat section.

“The retreat was an enriching experience and had a tremendous effect on my training.” – SC Retreat participant

2007 SUMMER RETREAT INSTRUCTORS

Motomichi Anno Shihan, 8th Dan

Chief Instructor, Aikido Kumano Juku, Shingu, Japan

Anno Sensei began his study of Aikido in 1954 in Shingu, at the dojo Osensei founded in his native region of Kumano. A student of Osensei during the last 15 years of the founder's life, Anno Sensei succeeded Michio Hikitsuchi, 10th dan, after his death in 2004, as Chief Instructor in Shingu. Anno Sensei's flowing movement, impeccable posture and emphasis on Osensei's message of harmony and love through Budo have made him an influential teacher of numerous western Aikidoists. Anno Sensei is a treasured member of the rapidly passing first generation of Aikido teachers who learned directly from Osensei. Anno Sensei teaches with lifelong inspiration and humility, and invites us closer to Osensei's art and spiritual path.

Do not miss this rare opportunity, as Anno Sensei joins us for the Santa Cruz Aikido Summer Retreat one more time.

“More important than the form of the technique is the intention behind it. Study carefully the intention of Aikido, its purpose and spirit. Strengthen your heart while you strengthen your technique”.

– Motomichi Anno Sensei

Mary Heiny, 6th Dan

Seattle, Washington

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. A North American treasure of Aikido with over 35 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.

“Each year I am astounded by the level of compassion and generosity of these highly skilled people.” –SC Retreat Participant

Linda Holiday, 6th Dan

Chief Instructor, Aikido of Santa Cruz, California

Linda Holiday began her study of Aikido in Santa Cruz in 1970. She trained intensively in Shingu, Japan for several years in the 70's and since 1976 has devoted herself to the founding and development of Aikido of Santa Cruz (formerly North Bay Aikido). 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, *misogi* purification, and inclusive community spirit.

"The chanting class was very interesting and beautiful."

–SC Retreat Participant

Jack Wada, 6th Dan

Chief Instructor, Aikido of San Jose, California

Since beginning his training in 1969, Jack Wada 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.

"Four inspiring teachers whose teaching styles complement each other well."

–SC Retreat Participant

PUBLIC DEMONSTRATION

In honor of the lifelong contributions that Anno Sensei has made to Aikido, and to showcase the skill and depth in the Aikido community in the West, the 2007 Retreat will include a public demonstration on Saturday afternoon. We will also take time to acknowledge our gratitude for the Sister City connection between Santa Cruz and Shingu, Japan. Aikido brought the cities together in 1974 through the involvement of Mary Heiny, Linda Holiday, and Jack Wada. The demonstration will bring together a number of high-level instructors in the Aiki spirit of harmony and mutual respect.

RETREAT ATTENDANCE OPTIONS & COSTS

“As we all respond to each other and the instruction, the retreat takes on a life of its own.” – SC Retreat participant

The Santa Cruz Aikido Summer Retreat is characterized by the community feeling and intensification of learning that builds when a group of Aikidoists train together for several days. You will have the best experience, and give the most back to your fellow Aikidoists, by training this way.

Since it has been two years since Anno Sensei last came to teach in the U.S., and we are unsure when or if he will be able to return in the future, we have decided for this one Retreat to have a more open enrollment policy. The goal of this change is to maximize access to Anno Sensei's classes for the greatest number of students. In addition, Anno Sensei will teach a majority of the Retreat classes this year. Attending the full retreat will make the most of this special opportunity to study with Anno Sensei and our three other wonderful senseis who share the Kumano lineage. But if you cannot attend the whole retreat, you may also register for any combination of days or half days.

Register by June 15 (at Door)

Full Retreat	\$250	(275)
Wed 6:30-8:30PM class	\$30	(35)
Thu, Fri or Sat all day (each day)	\$75	(80)
Thu, Fri, or Sat AM or PM only (each)	\$45	(50)
Sat afternoon single class+demo	\$35	(40)
Sun 6:30-7:30am & 9:15am-12:30pm	\$45	(50)

Please see our website for detailed schedule information.

SCHOLARSHIP FUND

The scholarship fund is entirely supported by retreat-goers. Please consider making a \$25 donation or more, to extend this special training opportunity to Aikidoists in financial need. Aikido of Santa Cruz is a 501(c)(3) non-profit; donations are tax deductible. *Thank you.*

Scholarships are available for Aikidoists attending the full retreat.

Scholarship applications must be submitted no later than June 1st.

DETAILS ON ARRIVING & STAYING

“Do you think we could schedule about 11 more retreats during the upcoming year!!??” –SC Retreat Participant

TRANSPORTATION

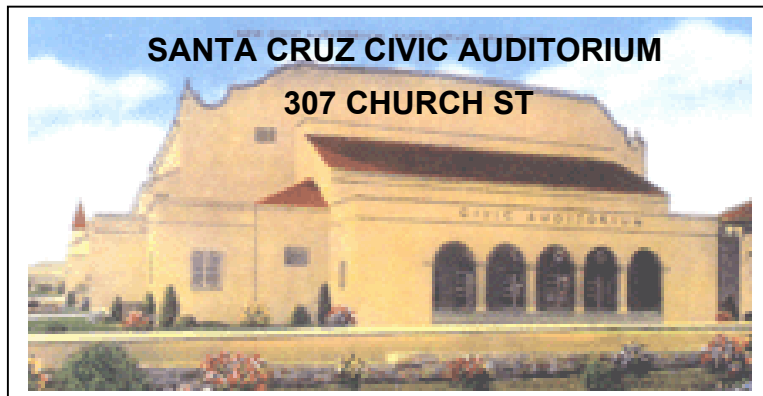
The two closest airports to Santa Cruz are San Jose International [SJC] (30 miles) and San Francisco International [SFO] (75 miles). Shuttle service is available from either airport directly to the Retreat. Call the Santa Cruz Airporter at 1-800-497-4997 for rates and reservations.

DETAILS ON LODGING

VERY IMPORTANT! If you want to stay anywhere other than UCSC, **reserve ASAP**. Santa Cruz is a popular summer vacation spot.

- UCSC: College Apartments with refrigerator (no stove). Single occupancy \$85 per night. Double occupancy (specify roommate) \$63.75 per night. Must stay 4 nights, July 11-15. Reserve by June 30th. Meals separate. For details see enclosed UCSC housing form or our website. 10 min from Civic.
- Vacation Rentals (vrbo.com, Google) – many choices, housing from 2 to 16 people. Cost varies with property, but can be much lower than hotels per person. See our website for some examples.
- Hotels, Motels, B&B's. Summer prices tend to be high...(generally over \$100 per night) and double on weekends. Please see our website for links to nearby choices, from “just a bed to crash in” to romantic B&B's.
- Santa Cruz Youth Hostel – 3 night maximum stay. \$21 per night, some beds may be reserved, some held for chance travellers. A lovely place – see www.hi-santacruz.org/ for more information. 5 minutes from Civic.
- Civic slumber party! Bring your own bedding and sleep in the Civic (large gender separated dressing rooms, co-ed lounges, and of course the mat room. There are also showers and a kitchen). \$20 per night, limited availability. Reserve with pre-registration. Priority will be given to full retreat attendees.
- Dojo slumber party! As part of our financial aid program, there are a limited number of scholarships for out of town participants to stay for free at Aikido of Santa Cruz. The dojo is just a few blocks from the Civic (we also have showers and a kitchen). Please indicate on the scholarship application if you are interested in this option. Scholarships are available for aikidoists attending the full retreat.

“I leave with a profound gratitude to finding this path...”
–SC Retreat Participant



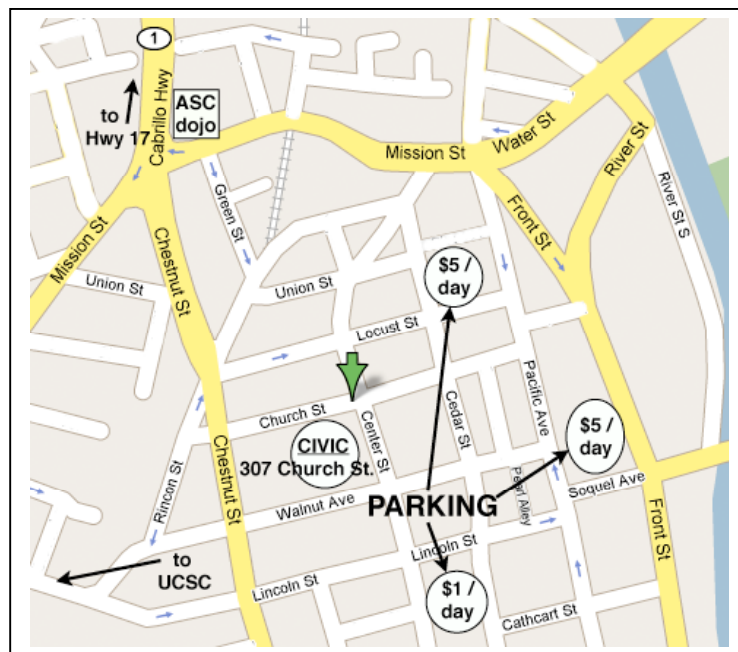
All-day Parking Near the Civic / SC Aikido Summer Retreat:

Locust Garage (Locust & Cedar): multi-story, \$5 max

Calvary Lot (Cedar & Lincoln): \$1 all-day

Soquel /Front Garage: multi-story, \$5 max

For larger map/detailed directions, please see www.aikidosantacruz.org.



**QUESTIONS? Call us at (831) 423-8326, box 4;
email: sretreat@aikidosantacruz.org;
or visit our website at: www.aikidosantacruz.org**