

## RETREAT SCHEDULE

(subject to change)

Wednesday, July 11

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

Thursday, July 12

6:30-7:30 **Meditation**  
--Breakfast  
9:15-10:30 **Keiko**  
10:45-11:45 **Keiko**  
--Lunch  
1:30-2:30 **Weapons class**  
2:45-3:45 **Keiko**  
4:00-5:00 **White/Blue/Brown Belt class**  
--Dinner  
7:00-9:00 **Open mat / Free practice**

Friday, July 13

6:30-7:30 **Misogi practice**  
--Breakfast  
9:15-10:30 **Keiko**  
10:45-11:45 **Keiko**  
--Lunch  
1:30-3:30 **"Practical Skills for  
Off the Mat Conflicts":  
an experiential seminar led  
by Ria Windcaller**  
4:00-5:00 **Weapons class**  
--Dinner  
7:00-8:30 **Keiko**

Saturday, July 14

6:30-7:30 **Aiki-Yoga**  
--Breakfast  
9:15-10:30 **Keiko**  
10:45-11:45 **Keiko**  
--Lunch  
2:00-3:15 **Keiko**  
3:30-4:30 **Black belt class**  
--Banquet at North Bay Aikido

Sunday, July 15

6:30-7:30 **Keiko**  
--Breakfast  
9:30-11:30 **Keiko**  
11:45- **Take up the 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  
Susan Perry

**JULY 11-15, 2001**

"True victory is victory over oneself" – O SENSEI