

SANTA CRUZ AIKIDO SUMMER RETREAT 2008

SCHEDULE – JULY 9-13

(subject to change)

(Sensei) *(Times)*
WEDNESDAY JULY 9

(List of instructors is on the second page)

	2:00 – 4:30	Check-in
	5:15 – 6:30	---Dinner
All	7:00 – 8:45	Keiko (“ <i>training</i> ”)

THURSDAY JULY 10

Jack	6:30 – 7:30	Keiko (begins with meditation/ chanting)
	7:15 – 8:30	---Breakfast
Linda	9:15 – 10:30	Keiko
Betsy	10:45 – 11:45	Keiko
	12:15 – 1:30	---Lunch
Juerg	2:00 – 3:15	Aiki Weapons (on field below Oakes)
Jack	3:45 – 4:45	Keiko (in West Field House/ dojo)
	5:15 – 6:30	---Dinner
Juerg	7:00 – 8:15	Keiko
All	8:15 – 8:45	Q & A with Senseis

FRIDAY JULY 11

Juerg	6:30 – 7:30	Keiko (begins with meditation/ chanting)
	7:15 – 8:30	---Breakfast
Jack	9:15 – 10:30	Keiko
Danielle	10:45 – 11:45	Keiko
	12:15 – 1:30	---Lunch
Linda	2:00 – 3:15	Aiki Weapons (on field below Oakes)
Juerg	3:45 – 4:45	Keiko (in West Field House/ dojo)
	5:15 – 6:30	---Dinner
Linda	7:00 – 8:30	Keiko (begins with Osensei films)

SATURDAY JULY 12

Linda	6:30 – 7:30	Keiko (begins with meditation/ chanting)
	7:15 – 8:30	---Breakfast
Juerg	9:15 – 10:30	Keiko
Jack	10:45 – 11:45	Aiki Weapons
	12:15 – 1:30	Group photo
		---Lunch
Jack	2:00 – 3:15	Keiko – all
Linda	3:30 – 4:30	Keiko – Black Belts
	5:15 – 7:00	---Dinner
	7:30 – 10:00	---Desserts and folk dancing at Aikido of Santa Cruz!

SUNDAY JULY 13

Linda	6:30 – 7:30	Misogi Practice at Natural Bridges Beach --for all intrepid Aikidoists! <i>Wear gi (jackets off in surf), no hakama, shoes optional. Park on street outside park entrance; walk down to beach.</i>
	7:15 – 8:30	---Breakfast
All	9:15 –11:45	Final Retreat Classes (There will be short breaks between senseis)
	11:45 – 12:00	Closing Circle
	12:00	Pick up mats
	12:15-1:30	---Lunch
	1:00 –2:30	Check-out

The 2008 Summer Retreat is co-taught by...

Jack Wada Sensei, chief instructor of Aikido of San Jose
Linda Holiday Sensei, chief instructor of Aikido of Santa Cruz
Juerg Steiner Sensei, chief instructor of Aikido Kumano Centre,
in Biel-Bienne, Switzerland

with guest instructors:

Betsy Hill Sensei, chief instructor of Tenchi Aikido
Danielle Smith Sensei, chief instructor of Aikido of Monterey