

SANTA CRUZ AIKIDO SUMMER RETREAT

JULY 10 – 14, 2024

*with Mary Heiny and Linda Holiday
Tres Hofmeister, Michael Friedl, Jack Wada,
Ginny Breeland, Michael Weber, Nico Secunda*

(Sensei) (Times) (Subject to change)

WEDNESDAY JULY 10

	4:30 – 6:00 pm	Registration (<i>at the Civic Auditorium</i>)
Secunda, Holiday, Heiny	6:30 – 8:30 pm	Opening Keiko (<i>for All, at the Civic Auditorium</i>)

THURSDAY JULY 11

Heiny	7:00 – 8:00 am	Keiko – “ <i>Shin Zen Bi - 1</i> ”
Holiday	10:00 – 11:15	Keiko (<i>for All, at Civic Auditorium</i>)
Heiny	11:30 – 12:30	Keiko (<i>for All, at Civic Auditorium</i>)
Holiday	3:00 – 4:30	Instructors Class (<i>at Civic Auditorium</i>)
Secunda	3:00 – 4:30	Keiko (<i>for All Others, outdoor class in Nature</i>)
Hofmeister	7:15 – 8:30 pm	Keiko (<i>for All, at Civic Auditorium</i>)

FRIDAY JULY 12

Heiny	7:00 – 8:00 am	Keiko - “ <i>Shin Zen Bi - 2</i> ”
Heiny	10:00 – 11:15	Keiko (<i>for All, at Civic Auditorium</i>)
Holiday	11:30 – 12:30	Keiko (<i>for All, at Civic Auditorium</i>)
Weber	2:30 – 3:30	Class - for 1 st Kyu & below (<i>at dojo</i>)
Hofmeister	3:45 – 4:45	Class - for 1 st Kyu & below (<i>at dojo</i>)
Wada	2:30 – 3:30	Black Belt Class – weapons: Bo/Bo-nage (<i>at Civic</i>)
Breeland	3:45 – 4:45	Black Belt Class – weapons: Jo-dori (<i>at Civic</i>)
Friedl	7:15 - 8:30 pm	Keiko (<i>for All, at Civic Auditorium</i>) <i>Will include practice with the Jo (wooden staff)</i>

SATURDAY JULY 13

Heiny	7:00 – 8:00 am	Keiko - “ <i>Shin Zen Bi - 3</i> ”
Secunda	10:00 – 11:15	Keiko (<i>for All, at Civic Auditorium</i>)
Hofmeister	11:30 – 12:30	Keiko (<i>for All, at Civic Auditorium</i>)
All	12:30 – 12:45	Group Photo
Heiny	3:30 – 5:00	Keiko (<i>for 4th dan & above, or over 20 years of Aikido, at dojo</i>)
Holiday	3:30 – 5:00	Keiko (<i>for All through 3rd dan, at Civic Auditorium</i>)
	8:00 – 10:00 pm	Dojo Celebration (<i>at dojo</i>) <i>Desserts, Music & Celebration of Aikido of Santa Cruz leadership transition in 2024. Open to all – attendees, dojo members, friends and family.</i>

SUNDAY JULY 14

Secunda & others	7:00 – 8:00 am	Misogi Practice - at Natural Bridges Beach <i>Wear gi, no hakama, shoes optional; bring towel and positive Ki! Will include practice with bokken (wooden sword) as well as Shin Kokyu (Misogi) in the water at the edge of the surf. Bring a bokken, or borrow one at the beach.</i>
Hofmeister	10:00 – 11:00	Keiko (<i>for All; at Civic Auditorium</i>)
Heiny	11:10 – 12:00	Keiko (<i>for All; at Civic Auditorium</i>)
Holiday	12:10 – 1:00	Keiko (<i>for All; at Civic Auditorium</i>)
All	1:00 - 1:30	Ending Circle
	1:30 pm	Pack up mats (thanks for helping!)

A deep bow of gratitude to all.

See you next year!