



AIKIDO MASTERS SELF-DEFENSE ACADEMY

WWW.AIKIDO-DOJO.COM

2011 Aikido, Aiki-Hanbo & Meditation Wilderness Retreat by David Nemeroff, 6th Dan



Come and join us for a week long intensive seminar in the serene atmosphere of the Catskill Mountains, in upstate N.Y. During this once in a lifetime experience, you will learn Aikido concepts, footwork and techniques with a pragmatic approach to self-defense. Additionally, you will be taught dynamic throws, locks and disarms using the hanbo, or 3' staff. Each day, various Qigong and meditation methods will also be covered to cultivate our internal energy.

Date: Friday, July 8th 2011-Friday July 15th, 2011

Location: Brookside Campgrounds - www.brooksidecampgrounds.com
4952 Route 32 Catskill, NY 12414

Toll Free: (800)390-4412 Phone: (518) 678-9729

* there is a grocery and a Walmart approximately 10 miles from the campgrounds.

Cost: Price includes accomodations, daily morning bagel breakfast, BBQ dinner on last night, hanbo, daily training and use of the pool. All other food not included. You can choose from cabin accomodations or a tent site. People must bring their own bedding as well as a tent if using a tent site.

Cabin: \$1350.00 per person - Each cabin holds 6 people and has a shower, kitchen, refrigerator and common area. If you do not have 6 people in your group, you will share a cabin with other attendees.

Tent: \$1235.00 per person - Shower facilities are available for people staying in tents

* *There are only 5 cabins, so space is extremely limited. Reservations are on a first come, first serve basis.*

a \$500 non-refundable deposit is required by Dec 1st, 2010. The balance is due by July 1st, 2011
Visa, Mastercard or certified check accepted

All Welcome Ages 18 & up

To reserve your spot or for further questions, contact David Nemeroff, Soke-Dai at
484-245-0567



AIKIDO MASTERS SELF-DEFENSE ACADEMY

WWW.AIKIDO-DOJO.COM



Schedule of Events

Friday 7/8

Check-in - afternoon free-time

7:30 pm Introduction and Evening Qigong

Saturday, 7/9 -Thursday, 7/14

7:30 am-8:30am breakfast

8:45am - 9:45am Qigong and warm-ups

9:45am - 11:45am - Aikido practice

12:00 pm - 2:00 pm Lunch

2:00 pm-4:00 pm Aiki-hanbo

4:00 pm - 8:00 pm Dinner and free time

8:00 pm - 9:00 pm Evening meditation

9:00 pm - free time

Friday, 7/15

7:30 am-8:30am breakfast

8:45am - 9:45am Qigong and closing remarks

10 am - 11 am check-out

484-245-0567