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AIKIDO MASTERS SELF-DEFENSE ACADEMY

WWW.AIKIDO-DOJO.COM

Join us for the 2012 Aikido, Sword & Qigong Wilderness Retreat with David Nemeroff, 6th Dan



Come and join us for a three day intensive seminar in the serene setting of the Catskill Mountains, in upstate N.Y. During this once in a lifetime experience, you will learn practical Aikido concepts, powerful throws, and unique Aikido groundwork. Additionally, you will be taught Aiki-Ken (Sword) techniques and a Qigong form to cultivate internal energy, improve focus and reduce stress.

Date: Friday, July 20th-Sunday July 22nd, 2012

Location: Brookside Campgrounds - www.brooksidecampgrounds.com
4952 Route 32 Catskill, NY 1241
Toll Free: (800)390-4412 Phone: (518) 678-9729



Cost: Price includes accommodations, daily breakfast, BBQ dinner on Saturday night, daily training and use of the pool. White Oak bokken and other food not included. You can choose from cabin accommodations or a tent site. People must bring their own bedding and a tent if using a tent site.



Cabin: \$660.00 per person - Each cabin holds 6 people and has a shower, kitchen, refrigerator and common area.

Tent: \$590.00 per person - Shower facilities are available for people staying in tents @ \$.25 / 7 minutes



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

The balance is due by June 1st, 2012 - Deposits are non-refundable.
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 or aikidomasters@verizon.net**



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Schedule of Events

Friday - 7/20/12

8:30 am registration

9:00am-10am Morning Qigong

10:00 am-12:00 pm Aikido

12:00 pm-2:00 pm Lunch and Cabin Check-in

2:00 pm-4:00 pm Aiki Sword training

4:00 pm-7:30 pm Dinner

7:30 pm-8:30 pm Evening Qigong

Saturday, 7/21/12

8:00 am-9:00am breakfast

9:00 am - 11:00 am Aikido

11:00 am-12:30 pm Lunch

12:30 pm-4:00 pm Qigong and Aiki Sword training @ Waterfalls

4:00 pm-7:30 pm Dinner

Sunday, 7/22/12

7:30 am-8:00 am breakfast

8:00 am - 9:00 am Qigong

9:00 am - 10:00 am Aikido

10:00 am - 11:00 pm Aiki Sword Training

12:00 pm Closing Remarks and Check out

All Welcome Ages 18 & up

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2012 Aikido, Aiki-Ken & Meditation Wilderness Retreat Application



Name: _____

Mailing Address: _____ City: _____

State/Zip: _____ Phone#: _____ Age: _____

Email: _____

Deposit paid: _____ Balance due: _____

X _____

I am in good health and physically able to participate in this rigorous martial arts event. Deposits are non-refundable. I understand and agree to the terms of this agreement.

Date: Friday, July 20th 2012-Sunday July 22nd, 2012

The balance is due by June 15th, 2012 - Deposits are non-refundable.

Visa, Mastercard or certified check accepted

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

Location: Brookside Campgrounds - www.brooksidecampgrounds.com

4952 Route 32 Catskill, NY 12414

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