



BRISBANE AIKIDO REPUBLIC

WINTER RETREAT, JUNE 17-19, 2011

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www.aikidorepublic.com



"Now and again, it is necessary to seclude yourself among deep mountains and hidden valleys to restore your link to the source of life.", O'Sensei

Welcome

Welcome to our mid-winter retreat, traditionally a time for celebrating the start of nature's new year, with the return of the sun and the coming growth of spring. It's a terrific opportunity to come time together as a dojo and our own renewal.

Please join us for a fully catered weekend of rustic french style food with ingredients source from the Bellthorpe's own garden, cosy fires and bracing mountain air, and plenty of time for a little aiki on the side. Partners and families are welcome.

Location

Just 1.5hrs north of Brisbane is Bellthorpe and our permaforest retreat. Bring a tent or sleep in the main room, it's up to you

Topics

Grounding - All martial arts generate power from the ground but in aikido we are a little afraid of it and it is little understood, yet it is built into the most fundamental principles of our school.

Entry - Ducking, dodging, weaving and running are aspects that disrupt our power. Building on the fundamentals of grounding we explore irimi with relaxed power and weapons.

Bell Misogi

Traditional practice to welcome in the new year, this meditation practice is best enjoyed in bracing air at dawn in natural surrounds.

Cost

\$70 - monthly members

- non-training accompanying persons

\$90 - casual members and visitors

\$10 deposit by May 1st

Programme

Friday 17th

Arrival, evening supper ready from 6pm
(Soups, crusty breads and apple tart)

Saturday 18th

Breakfast

(Bircher muesli and fruits)

10:30-12 Grounding

Lunch

(Quiches, salads, fruit and cheese)

1:30pm-3pm Entry

Dinner

(Chicken casserole, salads, mousse)

Sunday 19th

Dawn Misogi

Hot Breakfast

(Pancakes, bacon, fruits etc.)