

Aikido Winter Retreat

Ongoing Training with

**Pacific Aikido
Federation and
Shiohira Sensei,
7th Dan Shihan**

**Friday, January 31 thru
Sunday, February 2, 2025**

Winter Retreat
c/o Don Stratton
508 Lohrman Lane
Petaluma, CA 94952



(If possible, please pre-register online at www.pacific-aikido.org/Camps/gasshuku.html)

Name _____ Phone (_____) _____

Address _____

City _____ State _____ Zip _____

Home Dojo _____ Rank _____ Age _____ M _____ F _____

Email: _____ Emergency Contact _____

Release of Liability: I understand that the study of aikido involves movements which are potentially dangerous and I hereby release The Center for the Way, PAF, Aikido Center, instructors, guest instructors, and officers thereof from liability incurred from participation in the Winter Retreat.

Signed _____ Date _____ (signature of camp participant)

For minors: If under the age of 15, must be accompanied by a parent or legal guardian

Signed _____ Date _____

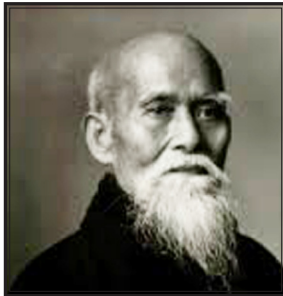
(Signature of parent or guardian if under 18 years of age)



Welcome

Pacific Aikido Federation (PAF) is hosting our annual Aikido Winter Retreat. This has been a tradition since 2000.

This year we will have the opportunity to train with senior students of Shiohira Sensei, 7th Dan Shihan. The Winter Retreat will be held in Sonoma County at the CYO Retreat Center near Occidental, Ca. The center is located in a coastal forest surrounded by redwoods. It has a beautiful and spacious lodge with a large training area. Food and sleeping accommodations are provided. This is an opportunity for concentrated Aikido training in a beautiful, natural setting. All Aikido practitioners, regardless of rank or affiliation, are invited to participate.



This year the retreat will be three days of training from Friday to Sunday with 6 aikido classes and four Zazen sessions. Note that the last class on Sunday will end at 12:00. Sleeping cabins and 6 meals, including a vegetarian option, are provided. Directions and the schedule are available at the website.

Registration

Pre-register online (preferred) at www.pacific-aikido.org/Camps/gasshuku.html or register via mail by completing the form.

Sunday, January 12 2025

Before – \$250.00 After: – \$300.00

Tuesday, January 21 2025 – Registration closes

Winter Training

Weather at this time of year may be severe. Be prepared for heavy rain and bring umbrellas, rain gear, rain boots, flashlights, etc. The temperatures can approach freezing in the evening and still be warm inside. So bring layers of warm clothes as well.

Six person dormitory accommodations are available and each participant will bring their own sleeping bag, pillows, blankets, towels, alarm clock, flip flops, earplugs, soap for the laundry, and toiletries in addition to their training gear, including weapons.

Parking is limited so please carpool if possible.

T-shirt Information

T-shirts featuring Shiohira Sensei's calligraphy can be pre-ordered at the camp website. They are \$35 each, and can only be ordered and paid for on-line .

Payment Information

Please complete the registration form on the other side and include the payment for the camp and mail to:

Winter Retreat

c/o Don Stratton
508 Lohrman Lane
Petaluma, CA 94952

Make checks payable to

Don Stratton.

For more information call Don at (707) 591-1620.

Note: After you register on-line, payment and a signed registration form must be sent to the camp director.

Instructors

Shiohira Sensei, 7th Dan Shihan, is the founder and Chief Instructor of the Pacific Aikido Federation. He began training in Japan over 55 years ago at Waseda University. He was a live-in student at Hombu dojo and received instruction from O'Sensei and all the leading AikiKai World headquarters instructors there at that time. His aikido is also deeply influenced by his study of Zen.

He has been training and teaching Aikido as THE WAY. He wants to maintain a dojo where one can be free from distractions, to see things as they truly are, and to live well. Several of his students have become Aikido Masters (Shihan) or Zen Masters, and many advanced students continue training. These senior students will be teaching and sharing Sensei's Aikido at this years retreat.

