

Aikido Winter Retreat

Intensive Training with

Pacific Aikido Federation Instructors

Friday, January 30 thru
Sunday, February 1, 2026

Winter Retreat

c/o Don Stratton
508 Lohman 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*)

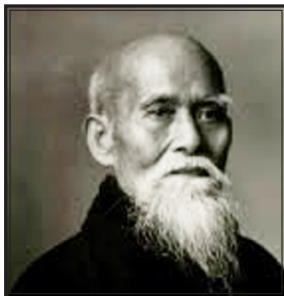
Welcome

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.

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 11 2026

Before – \$270.00 After: – \$320.00

Tuesday, January 20 2026 – 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 \$40 each, and can only be ordered and paid for on-line.

Payment Information

Payments should be made to **Center for the Way**.

Use one of the following methods, in order of preference:

- Zelle: centerfortheway@gmail.com
- PayPal: centerfortheway@gmail.com
- Check: Payable to "Center for the Way"

Please complete the registration form on the other side (If paying by check, please include) and mail to

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

Note: After you register on-line, 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 has been teaching and training in San Francisco for over 50 years. 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.

Sensei's senior students will be leading the camp this year. They will share with us their years of experience following Sensei's teachings.

