

Weekend Seminar at Lake Tahoe
co-taught by
Linda Holiday Sensei and
Richard Strozzi Heckler Sensei
hosted Aikido of Truckee
September 5th-7th 2008



Linda Holiday Sensei (6th Dan),
Aikido of Santa Cruz



Richard Strozzi-Heckler Sensei (6th Dan),
Two Rock Aikido, Petaluma

“The guiding principle of Aikido is Harmony: inner harmony of mind, body and spirit; harmony with other people; and oneness with Nature.”

We invite aikido friends to come and train in the beautiful nature of The Sierra Nevada Mountains. Early morning classes (Meditation, Shin Kokyu or Weapons training) will be held on the shores of Lake Tahoe. Regular classes will be held at the Incline Village Recreational Center.

If you sign up before September 1st the cost is \$125 (please allow a week for mail). After September 1st the cost is \$145. One and two day pricing options available - see www.truckeeaikido.com

Spaces are limited so please sign up in advance to ensure your place to train in beautiful Lake Tahoe.

Plenty of lodging / camping options in Incline Village and Kings Beach. See www.truckeeaikido.com for suggestions

Classes Friday 5pm – 7:30pm; Sat 7am-4:30; and Sun 7am till 1pm

See our website www.truckeeaikido.com for more information & registration, or call (530) 448 3332
Please contact us if you need financial aid

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Registration Form

Name: _____ Phone: _____

Mailing Address: _____

E-mail address: _____

Dojo: _____ Rank: _____

Check Options that apply:

Before September 1st

- Full Seminar \$125
- Friday only \$30
- Saturday only \$70
- Sunday only \$45
- Potluck

After September 1st

- Full Seminar \$145
- Friday only \$35
- Saturday only \$80
- Sunday only \$50

Make checks payable to: Aikido of Truckee. Please contact us if you need financial aid

Liability Waiver Aikido of Truckee, September 5th to the 7th, 2008

I, the undersigned, acknowledge that I am applying for instruction in a martial art involving strenuous exercise and personal body contact. I understand that because of this there is always an inherent risk of injury that cannot be eliminated. I acknowledge that Aikido of Truckee carries no insurance against injury to any of the participants of this seminar. As a condition of being admitted to the Aikido of Truckee weekend retreat, I assume the risk of all injuries and do hereby hold Aikido of Truckee, its employees and agents, harmless from any and all liability (including attorney's fees and costs) for all claims, actions or damages due to injuries suffered by me or caused to a third party by me during the course of the Weekend Retreat, or arising out of the activities involving Aikido, or any variation thereof, whether occurring on the premises of the Weekend Retreat or elsewhere, excepting only those claims, actions or damages caused by the gross negligence or intentional act or omission of them.

I understand that Aikido is an educational system. For the benefit of the training and safety of myself and other participants, I agree to conduct myself in a manner consistent with the rules of dojo etiquette and common sense safety observation.

Signature: _____ Date: _____

If the applicant is under eighteen (18) years of age; I, the undersigned, as a parent or guardian of the above applicant, certify that I have read the above contract and I consent to the applicant's receiving the instruction applied for, and I agree to the provisions of the contract for myself and the said applicant.

Signature of parent of guardian _____ Date: _____

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Mail registration form and check to Aikido of Truckee, PO Box 3424, Truckee, CA 96160

Class Schedule

Fri	5pm-6:15pm 6:30 - 7:30	Richard Strozzi Heckler Linda Holiday	Incline Village Rec center Incline Village Rec center
Sat	7:00 - 8:00 9:30 - 10:45 11:00 - 12:00 2:00 - 3:15 3:30-4:30 7:00	Meditation & Shin kokyu Linda Holiday Richard Strozzi Heckler Linda Holiday Richard Strozzi Heckler Pot Luck BBQ	On the beach @ Lake Tahoe Incline Village Rec center Incline Village Rec center Incline Village Rec center Incline Village Rec center On the beach @ Lake Tahoe
Sun	7:00- 8:00 8:00 - 9:00 10:30 - 11:45 12:00 - 1:00	Meditation & Shin kokyu weapons Richard Strozzi Heckler Linda Holiday	On the beach @ Lake Tahoe On the beach @ Lake Tahoe Incline Village Rec center Incline Village Rec center

[Tahoe Inn](#) Crystal Bay \$39-\$69

Primitive camping [Lake Tahoe-Nevada State Park](#), Nevada 3 miles south of Incline Village 775-831-0494

[Blue Waters Lodge & RV Park Kings Beach](#)

<http://www.tahoecrown.com> Kings Beach \$79 -\$190

<http://www.innatincline.com> Incline Village's Parkside Inn At Incline discount rates range from \$109.00 to \$149.00

[Cal Neva Resort Spa and Casino](#) Crystal Bay's Cal Neva Resort Spa and Casino discount rates range from \$149.00 to \$189.00 daily

<http://laketahoe.hyatt.com> Incline Village's Hyatt Regency [Lake Tahoe](#) Resort & Casino discount rates range from \$295.00 to \$945.00 daily.

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