

Shobu Aikido Vermont

Autumn Keiko
September
29-30, 2007



Shobu Aikido Vermont
welcomes

Sensei William Gleason, Shobu Aikido Boston

Saturday

Class 10:00-12:00

Lunch 12:30-2:30

Class 3:00-5:30

Dinner 7:00

Sunday

Breakfast 7:30-9:30

Class 10:00-1:00

Lunch & Cleanup 2:00

Farm & Wilderness is an outdoor education retreat that has once again generously opened its space to this Shobu Aikido Vermont seminar.

Guided by the Quaker belief that the Light of the Spirit is present in every person and the belief that people working together can create a more just and humane society, the Farm & Wilderness Foundation sponsors year-round experiences for young people and adults that emphasize the building of community through the values of cooperation, simplicity, responsibility, empathy, spirituality, and service.

www.fandw.org

\$110 Seminar Fee: Training, Meals, and Rustic Lodging Included.

Please bring your Bokken and Jo.

You will need to bring a sleeping bag or bedding.

All meals will accommodate vegetarian participants.

PLEASE CONTACT US WITH QUESTIONS OR TO CONFIRM PARTICIPATION

Shobu Aikido Vermont - 802.239.3902 - todd@aikidoka.net

Directions:

FROM BOSTON - Interstate 93 to Interstate 89, Take Vermont exit 1 - Woodstock/Rutland/US Rt. 4.

West on Rt. 4 to Rt. 100 South in West Bridgewater, south on Rt. 100, 1.9 miles to F&W entrance (Farm & Wilderness Road) on left.