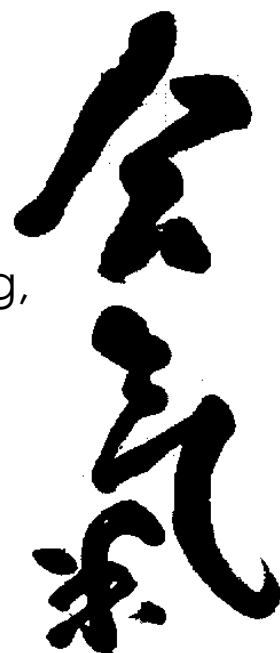


Aikidō Summer Retreat with Berin Mackenzie 3rd dan

An inspiring and empowering 'live-in' style
gasshuku blending intensive Aikidō training
with yoga, shiatsu massage, African drumming,
ayurvedic nutrition, bush, sand, surf & sun

Govinda Valley, Royal National Park
Friday 30 Nov – Sunday 2 Dec 2007

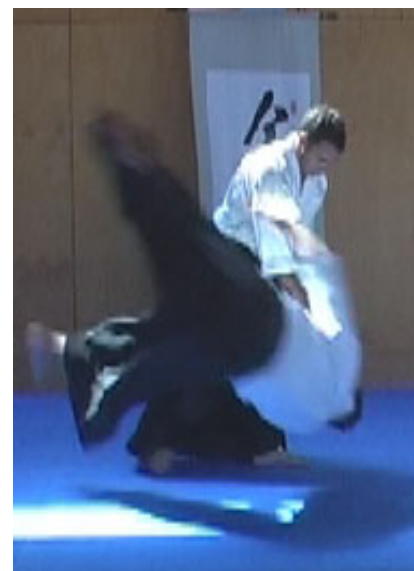
Cost: \$350 (or \$295 earlybird discount by 10 Aug)
All inclusive – 3 days keiko, accommodation and
meals, plus shiatsu, yoga and drumming workshops



Govinda Valley is a secluded spiritual retreat centre
with modern facilities & accommodation, including
a dedicated dōjō space, dining hall, basketball &
volleyball courts, nestled amongst native bushland.

All meals will be fully catered and prepared for you
according to the highest spiritual standards and
ayurvedic nutrition, improving your well-being and
helping you get the most out of your Aikidō practise.

The centre adjoins the Royal National Park with its
stunning bushwalks and sparkling beaches - idyllic
surroundings for a traditional-style gasshuku like this!



Maximum 30 participants
Beginners welcome
Pre-registration essential

Enquiries: 0425 259 609 or
akisdney@hotmail.com

Further information:
www.aikidosydneycity.com
www.govindavalley.com.au
www.inrhythm.com.au



Friday 30th November

Eat lunch before arrival. Explore the area – Stanmore Park Beach, Royal National Park etc.

- 1400 Welcome & registration
- 1500 Inaugural keiko (2h)
- 1700 Gradings (up to 3rd kyū)
- 1900 - Dinner -
Aikidō DVDs, games, free time

Saturday 1st December

- 0600 Sōji
- 0615 Sōchōgeiko (1h45)
- 0800 Atogeiko
- 0830 - Breakfast -
- 1000 Asageiko (2h)
- 1200 Atogeiko
- 1300 - Lunch & free time -
Beach, swim, surf, ball, walk, snooze (3h)
- 1630 Shiatsu massage workshop (2h)
- 1900 - Dinner -
Special 'kirtan' (mantra meditation to music and drumming), free time

Sunday 2nd December

- 0600 Sōji
- 0615 Sōchōgeiko (1h45)
- 0800 Atogeiko
- 0830 - Breakfast -
- 0930 Oki-do Yoga workshop (2h)
- 1200 - Lunch -
- 1300 African drumming workshop with 'InRhythm' (1h)
Unite, create, enjoy, shine, empower, inspire!
- 1400 Final high-energy keiko & free-form circular enbukai with drumming accompaniment
- 1600 Photos/packup/hugs/farewell

* schedule may be subject to change

