

One Point Center Aikido

AIKIDO SEMINAR FEATURING MARY HEINY SENSEI



April 20-22, 2018

Friday:

Aikido: 6:00pm – 7:30pm
Q&A: 7:30pm – 8:00pm

Saturday:

Aikido: 10:00am – 12:00pm
2:30pm – 4:30pm
Dinner: 6:00pm

Sunday:

Aikido: 10:00am – 12:00pm

Full seminar: \$120

Friday or Sunday only: \$50

Saturday only: \$80

"O-Sensei constructed a path for each of us to become strong yet compassionate, be motivated by mutual benefit not winning and to be a source of harmony in the world rather than discord. Although many people would like to reach this state of being, most of us don't have any idea where to start. Aikido is a gateway to such personal transformation because it touches on all aspects of who we are and how we relate to others."

-Mary Heiny Sensei

For 50 years, Mary Heiny Sensei has followed a path of physical and spiritual inspiration as a student and teacher of Aikido.

She started this journey in 1965 after watching O'Sensei teach a class at Hombu Dojo in Tokyo, Japan. The effect of this first encounter has inspired her through long hours of training and study. She strives always to communicate the beauty and challenge of O'sensei's desire that we use Aikido to become empowered as creative, compassionate beings and learn to appreciate each other as members of one human family.

LOCATION

One Point Center Aikido

48 Lake Street
Oak Park, IL 60302
708-383-4711

info@onepointcenteraikido.com
www.tokushinkan.net



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We are excited to be hosting Mary Heiny Sensei at our Dojo in 2018. This is both Mary Heiny Sensei's 50th year of Aikido and Dianne Costanzo Sensei's 30th year of Aikido. Costanzo Sensei's students thought: What better way to recognize such extraordinary landmarks than doing more Aikido! All are welcome. We will also host a potluck dinner on Saturday after class.

If you plan on attending the seminar please mail in this form or RSVP to Gretchen Junker at Gretchen.junker@sbcglobal.net

Any questions about the seminar can also be directed to Gretchen Junker

SEMINAR FEES

Please register me for the seminar; I plan to attend the following dates:

____ Entire Seminar (\$120) / ____ Friday Only (\$50) / ____ Saturday Only (\$80) / ____ Sunday Only (\$50)

Mail checks payable to: "One Point Center Aikido", 48 Lake Street / Oak Park, IL 60302

Name: _____ Today's Date: _____

Mailing Address: _____ Phone: _____

City, State Zip: _____

Email: _____ / _____ Please add me to your email list!

What Dojo Are You From: _____ City/State: _____

How Did You Hear About This Seminar? _____

RELEASE OF ALL LIABILITY AND IMAGE RIGHTS

The applicant desires to participate in the activity of Aikido and other martial arts with full and complete knowledge of the possibility of incurring bodily injury in the course of such study. The applicant, therefore, in consideration of being accepted as a participant in such study by One Point Center Aikido, 48 Lake Street, Oak Park, IL 60302 or other locations occupied by One Point Center Aikido/Tokushinkan Dojo hereby assumes all risks of bodily injury (whether anticipated or unanticipated) resulting from his/her participation in the study and practice of the above listed activity. The applicant further agrees to hold harmless One Point Center Aikido/Tokushinkan Dojo, its officers, instructors, guest instructors and agents from all loss, liability, claim or expense (including reasonable attorneys fees) arising from bodily injury as a result of the applicant's study and practice of the above listed activity.

I further understand that One Point Center Aikido/ Tokushinkan Dojo may choose to take video, audio, or photographs during the above listed event and that my image and/or voice may be captured during this documentation. I understand that One Point Center Aikido/Tokushinkan Dojo is the sole owner of these video, images and/or audio and I release all rights and privileges to One Point Center Aikido/Tokushinkan DOJO to use these materials in any way deemed appropriate by their officers or directors. I understand that I will receive no compensation of any kind for the use of these materials now or at any time in the future.

By signing below I acknowledge that I have read and understand this agreement in its entirety.

Signature of Participant: _____ Date: _____

Signature of Parent or Guardian: _____ Date: _____