



Sosei Aikido Kyokai
& Roses Retreat
Cabins & Campsites
Presents the 2nd annual



Aikido & Survival Skill
Outdoor Training Seminar

September 9th – 11th, 2011

Instructed by David Rose, Sensei

This unique seminar combines Aikido training, nature awareness, and wilderness survival in the natural setting of beautiful southwest Michigan

Sensei David Rose is a 4th degree black belt in Aikido and was an Uchideshi (live in student) and Kenshusei under Shihan Fumio Toyoda. Sensei Rose has also had extensive wilderness survival training through a professional Tracker School by Tom Brown Jr.



Join us for an exciting weekend, immersing yourself in nature for aikido training, weapons practice, and introductory classes in wilderness survival. Learn the sacred order of survival: how to construct shelter, make fire, prepare water, and find food. Tired of watching all the frustrated Survivors try to make fire? Learn to make fire using a bow drill. Without water, dehydration can set in very rapidly. Learn how to find and prepare water in order to make it drinkable. Participants will learn how to make primitive drinking vessels and how to boil water using primitive techniques. Find, identify, and prepare edible and medicinal plants. Learn how to identify animal habitats, create simple traps and snares. Basic hunting and tracking techniques will be taught, as well as identification of different animals based on their tracks and other signs of their passing.

E-mail or call to reserve your spot: rosesretreat@aol.com or 269-434-6116

Seminar Schedule

<u>Friday, September 9th</u>	<u>Saturday, September 10th</u>	<u>Sunday, September 11th</u>
5-7 pm Set up & registration Dinner	7 - 8 am Meditation and training	7 -8 am Meditation and training
7-9 pm Aikido & survival skills	8:00 am Breakfast	8:00am Breakfast
9 pm Camp fire	9-12pm Aikido & survival training	9-12pm Aikido & survival training
	12-1 pm Lunch	1 pm Lunch & break down
	1-3 pm Aikido & survival training	
	3-4 pm Break	
	4- 6 pm Aikido at the beach	
	6-8 pm Dinner	
	8- 9 pm Zen and Night hike	
	9 pm Campfire	

Seminar Fees

Full Seminar \$75.00

Friday \$25

*

Saturday \$45

*

Sunday \$25

Lodging Fees

On site Lodging options:

- Tent sites are based on number of tents per site. The first tent is \$18 per night and each additional tent is \$12 on that site.
- Regular Cabins with electricity. These sleep up to 8 and are \$62 a night
- Rustic cabin without electricity. Sleeps up to 6 and are \$40/ night.
- Group Cabin shares a common area with 6 individually locking rooms that sleep 4 each for \$42 per night

Rose's Retreat will be happy to help with sharing arrangements. Cabins have an additional 6% fees for sales tax. Rose's Retreat has a modern bathhouse with hot showers. It is located on beautiful Saddle Lake. All sites are surrounded by woods. Rose's Retreat is located 15 minutes from South Haven, Michigan at 52808 CR 384, Grand Junction, Michigan 49056. See the website for more information www.rosesretreat.com or call 269-434-6116.

Additional lodging available in South Haven:

Ramada Lighthouse Inn- Phone: 269-639-9900

Hampton Inn - Phone: 269.639.8550

Holiday Inn Express- Phone: 269-637-8800

Comfort Suites - Phone: 269.639.2014

Suggested Supplies

- Gi, comfortable clothes
- Aikido weapons (if owned)
- Notebook & pencils
- Folding chairs
- Groceries (cooking over an openfire & grills available, nearby restaurants as well)
- Cooking utensils, garbage bags, bedding

See the Rose's Retreat website for further packing ideas.