



Boulder Aikikai's 34th Aikido Summer Camp in the Rockies

July 27–August 3, 2014, Glenwood Springs, Colorado

It's my pleasure to announce our 34th annual Aikido Summer Camp in the Rockies. I'm happy to report that we will be joined again by Raso Hultgren of Aikido of Missoula. And I'm very happy to introduce this year's junior guest instructor, Kamenna Lee of the Aikido Shobukan in Washington, D.C.

We continue to develop our camp as a gasshuku focused on training together in an intimate environment. What does this mean? First, that we live and practice for a week at the lovely Colorado Mountain College Roaring Forks Campus, in view of beautiful Mt. Sopris. Second, that our schedule allows everyone to train together throughout the week. And third, that we have three instructors, each committed to training as well as leading practice.

It's our experience at Boulder Aikikai that this setting and training structure allows for a real retreat, where we can devote ourselves to practice and renew, or form anew, the bonds that join us. These bonds go beyond leading and following and are deeply personal. Aikido offers a very particular way of knowing oneself and others. A week together of in-depth practice offers a unique way of personal practice, where our growth and learning is directly tied to that of our partners. This mutuality is at the heart of aikido.

Beyond this year's Summer Camp in the Rockies, it's our hope that relationships developed here will extend into our shared futures, as individuals and as groups. Inviting younger, engaged practitioners as junior instructors, is a concrete way we hope to support this goal. Kamenna Lee has been an integral member of the D.C. dojo for many years and I believe you'll enjoy getting to know her.

I hope you'll join us!

Tres Hofmeister

All students of Aikido, regardless of affiliation, are sincerely invited to join us for our 2014 Summer Camp in the Rockies.

Instructors

Tres Hofmeister sensei

Boulder Aikikai, Boulder, Colorado

Tres Hofmeister sensei is a student of Mitsugi Saotome shihan and Hiroshi Ikeda shihan. He began his training in 1978 and entered Boulder Aikikai under Hiroshi Ikeda shihan in 1980. Hofmeister sensei is a senior instructor for Aikido Schools of Ueshiba (ASU), teaching regularly at Boulder Aikikai and at seminars throughout North America and abroad. Hofmeister sensei is also a certified practitioner of the Feldenkrais Method®. He has a particular interest in the process of learning in aikido and its relationship to self-understanding.

Raso Hultgren sensei

Aikido of Missoula, Missoula, Montana

Raso Hultgren is a student of Mitsugi Saotome shihan and Hiroshi Ikeda shihan. She began her aikido training in 1971 with Robert Frager sensei. From 1986-1990 she trained under Hiroshi Ikeda shihan at Boulder Aikikai. She has been the chief instructor of Aikido of Missoula since 1990 and is a senior instructor for ASU, teaching seminars in the United States and abroad. An exploration of the way flowing energies merge is at the heart of Raso's training. She has also been influenced by a love of wild nature, a long-term involvement with meditation, and, in recent years, the work of Emilie Conrad and Continuum. Raso is fascinated by our capacity to embody nature's complexity and simplicity in the living forms of aikido and is exploring the potency of attention.

Kamenna Lee sensei

Aikido Shobukan Dojo, Washington DC

Kamenna Lee began her study of aikido at the Harvard University aikido club. She began training under Saotome Sensei at Aikido Shobukan Dojo in Washington, DC in the early 90s, and has been a student and a teacher at the Washington DC dojo for over 20 years. Kamenna's aikido practice focuses on the dynamic embodiment of principles through good form and responsive movement. In addition to being an avid aikido practitioner, Kamenna is a Vice President of Biomedical Marketing at the American Red Cross, a loving mother of two, and an outdoors aficionado.



We thank the Aiki Atlas Foundation for their generous support of this camp.

Registration

Registration begins March 10, 2014. To ensure your space, please register early!

Register online :: www.boulderaikikai.org/sc

We are pleased to offer the availability of online registration and payment, with secure credit card processing through PayPal. We encourage both local and international participants to use this convenient registration method.

Please Note :: This option is only available with full payment; you will be required to sign a paper copy of your registration and liability release form when you check in at Camp.

Mail-in Registration :: Please read and complete the registration/release form fully and return it with payment. Incomplete forms and forms without payment will be returned for completion before being processed. Please pay careful attention to your form; don't overlook the birth date, witness and signature sections.

Multiple Registrations :: For dojo submitting multiple registrations, please send a separate registration form and payment for each participant. Please call if you have questions.

All persons must be registered in advance. No on-site registrations. Registrations will be accepted on a first-come, first-served basis by actual date of online registration or by post-mark date, if mailed. An individual registration form must be completed by each participant and include either full payment or deposit. Each space at camp must be used by the individual registrant, and may not be shared.

A confirmation of your registration and payment, along with more information about camp, will be sent to you within two weeks of receipt. Please allow for this turn-around time before contacting us to confirm your registration.

Waiting List :: If the camp is full, you will be placed on a waiting list and notified of your position. If you decide to change plans, you must cancel from one plan and reregister for the other. Your second registration will be processed in order of its online or postmark date.

Please Note :: In order to fairly handle the individuals on our waiting list, registrations are non-transferable.

Camp participants must be 15 years of age or older by May 1. Parent or guardian must sign and witness a minor's registration/release form. If a minor attends camp without a parent or guardian, the parent/guardian must also provide a letter designating an adult camp participant as the person responsible for the minor during camp.

Full Plan

(All fees are per person)

The Full Plan includes lodging on campus, meals and training fee for the entire camp. Rooms are double occupancy only; no single rooms are available.

\$695 Fee (two/room)
\$395 Deposit due with registration by May 1
\$300 Balance due by June 1
Fee is due in full when registering through PayPal.

Non-Training Fee

\$655 (two/room, includes room and meals)
\$400 Deposit due with registration by May 1
\$255 Balance due by June 1
Fee is due in full when registering through PayPal.

If you have a roommate preference, please indicate his/her name on your Registration & Waiver form. Before doing so, [1] be sure he/she intends to come to camp and [2] be sure that he/she indicates you on his/her registration form. Mutual requests will be honored.

Each room contains twin beds and has an attached bath. Linens, blankets and towels will be provided.

Please Note :: If you desire the Full Plan, but are able to attend only part of the camp, you must reserve your space by paying the full fee for the entire week.

Rooms at Colorado Mountain College are available to camp participants from check-in on Sunday, July 27 through the morning of Sunday, August 3, only. If you plan to be in the area before or after Camp, you must arrange to stay off campus.

Independent Plan

The Independent Plan includes only keiko for the entire camp. Participants on this plan need to make their own lodging arrangements prior to camp. Meals may be purchased in the dining hall if desired. Parents please note: the campus does not offer many activities for non-training family members; you may wish to consider independent lodging in nearby Glenwood.

\$500 Fee due with registration by May 1

Independent Lodging

There are a variety of lodging options in the Glenwood Springs area, including hotels, motels and cabins. Your best source of assistance is the Glenwood Springs Chamber Resort Reservations, 888.445.3696. To avoid any costly disappointment, be sure you have a confirmed Summer Camp reservation with Boulder Aikikai before booking any non-refundable reservations.

Camping

There are many Forest Service campgrounds within 13-30 miles of campus. For information, contact the Forest Service at 970.963.2266 or visit www.recreation.gov. For reservations, call 1.877.444.6777.

Meals

Meals will be served in the CMC dining hall. Service will begin with dinner on July 27, and end with a continental breakfast on August 3. Three meals will be served daily. Please be sure to indicate your meal preference, meat, vegetarian or gluten/lactose free, on your registration form. All meals are included in the Full Plan package. Those with Independent/Camper lodging arrangements may purchase any of their meals in the dining hall.

Cancellation Fees

All cancellations will be considered final; your registration cannot be reinstated. However, you may reregister with a new postmark date.

	Full Plan	Independent Plan
After May 1	\$75	\$50

After June 25, subject to loss of full registration fee.

Getting Here

The Colorado Mountain College Spring Valley Roaring Fork Campus is located 10 miles south of Glenwood Springs and 40 miles north of Aspen. The college is approximately 200 miles west of Denver. We suggest that you fly directly to Aspen and rent a car. An alternative is to fly to Denver, rent a car, and enjoy the scenic four-hour drive to camp. The facilities in the Glenwood Springs/Aspen area are in high demand in the summer; it's important that you make travel and lodging arrangements early.

Please be aware that Boulder Aikikai has limited ability to provide transportation from both Denver and Aspen to camp. We appreciate your making every effort to arrange your own transportation.

Wednesday, July 30 will have the option of morning and afternoon training with our instructors. It is also a "free day" for sightseeing and enjoying the area. There are a variety of activities for both individuals and groups, including river rafting, hiking, spelunking, fishing, mountain biking and horseback riding. All activities may be arranged at camp.

Checkout

Our Summer Camp officially ends on Sunday morning, August 3. Our last class ends at 12:30pm on Saturday, August 2. There will be a Saturday afternoon checkout for those electing an early departure. Saturday evening we will organize a group visit to the Hot Springs Pool in Glenwood.

Final checkout is by 9:00am Sunday morning.

Contacting Us

Find the latest Summer Camp updates on the web.

Web :: www.boulderaikikai.org/sc

E-mail :: hotline@boulderaikikai.org

Summer Camp Hotline :: 1.303.447.6464

Don't Forget

For convenient, instant online registration and credit card payment, visit www.boulderaikikai.org/sc.

For printable PDF brochures and registration forms, go to www.boulderaikikai.org/sc.

Registrations will be accepted on a first-come, first-served basis in the order that they are received. If Camp is full, you will be notified and placed on the waiting list.

Please mark "no signature required" if you send your registration by overnight mail.

Registration/release forms and payments must be received at the same time or they will not be processed. Incomplete registration forms will not be processed. Please take time to read and complete the form in its entirety. Online registrants will be required to sign a paper copy of the form at camp check-in.

All registrants will receive a second email with more information and reservation confirmation. You will be asked to respond with information about your departure date and time. This information helps us to control costs and keep prices down.

Colorado Mountain College is a drug and alcohol-free campus.

Schedule

Sunday, July 27

Check-in :: 3:00–5:30 pm

Dinner :: 6:00–7:00 pm

Keiko :: 8:00–9:30 pm

Monday & Tuesday

Full day of keiko and related activities.

Wednesday, July 30

Morning and afternoon keiko with our instructors.

Optional free day for sightseeing.

Thursday & Friday

Full day of keiko and related activities.

Friday evening: Dinner party.

Saturday, August 2

Last class :: 10:00am–11:30am

Early check-out :: 3:00pm

Sunday, August 3

Final check-out by 9:00am