



KOSHO SHOREI SHIN KAI 2011 NH RETREAT

REDISCOVER TRUE NATURE

THROUGH THE ANCIENT TEACHINGS OF KOSHO SHOREI RYU
AS THEY WERE MEANT TO BE EXPERIENCED-

IN THE MOUNTAINS.

WITH DAVID LOPRIORE SENSEI, L.AC.
23RD GENERATION HEADMASTER, KOSHO SHOREI SHIN KAI

AUGUST 13 & 14TH, 2011 / ADV. CLASS FRIDAY 8/12

**WHITE MOUNTAIN NATIONAL FOREST TRAILS
LINCOLN, NEW HAMPSHIRE**

See reverse side, www.oldpinetree.com or call
860-739-5482 for more information & to register.

The 2011 Kosho Shorei Shin Kai New Hampshire Mountain Retreat: A Weekend of Kosho Shorei Ryu Training: Rediscovery of True Nature August 12, 13 & 14th, 2011 Weekend

Friday, 8/12 (Advanced Students only) 10am - 3pm • See LoPriore Sensei for more information.
All Welcome: Saturday & Sunday 8/13 & 8/14, 10am-4pm both days • \$140 if paid by August 5th, \$170 after.

On the trails of the White Mountain National Forest, New Hampshire, off Rt. 112, the Kancamagus Highway

Come and enjoy the power and beauty of nature, while quieting the noisy mind, finding your center, and rediscovering our True Nature. The study of Kosho Shorei Ryu has been able to offer students authentic training based on the Principles of Natural Law, and access to authentic wisdom for nearly 800 years by training in the mountains, forests and rivers, where we find the insights and inspirations that nature best provides.

If you are a martial artist, a natural healer, or a seeker of Truth and inner peace, this retreat is for you! It will deepen your understanding of True Nature, and yield deeper insight into yourself. We will slow down, leaving space and time for retreat within the heart-mind. We will hike through the mountains, near beautiful streams and waterfalls, among strong New England-weathered trees, glacial boulders, and breathtaking vistas. You will experience your relationship to these things through Kosho Shorei Ryu's teachings, which are informed by ancient Taoist and Buddhist philosophy. The Kosho Shorei Ryu Warrior-Sage-Healer tradition offers ancient exercises, many best experienced in the mountain forests, that are designed to help us understand our nature, maximize health, vitality, and longevity, and teach us what our lineage's master teachers called True Self-Defense. Lessons may include walking meditation, energy cultivation and health-building exercises, Sei-kempo traditional martial arts, philosophies of natural health, and Japanese yoga exercises for improved health and vitality. You will come away from this experience with new insights, deeper understanding, and a renewed sense of natural ease, warrior spirit, and vitality.

Call 860-739-5482 or visit Bushidokai now to register. Attendance is limited.

Check out www.OldPineTree.com for more information

Find your "Mountain Heart"!

Retreat Info

Lodging will be relaxed, condo-style this year, at: Alpine Village Resort, in North Woodstock, NH, with access to the amenities at the "Mountain Club" on Loon Mountain, such as the pools, spa, and free gondola rides to the top of Loon Mountain. Visit www.alpinevillageresort.com for more information, but please call KSSK Hombu Dojo at 860-739-5482 to arrange for your lodging accommodations, so all can be included and save money.

Trails (to be announced) are in the White Mountain National Forest, which is a relaxing, scenic drive from Alpine Village Resort. Meet at the main entrance to Alpine Village by 10am Sat. & Sun. to caravan, unless otherwise instructed. Please check in with Sensei at 860-235-0859 by 9pm Friday night for final logistics before hitting the trail Saturday morning.

There will be a cookout-Saturday night in the condo village for all retreat participants and family attending. Please bring beverages and a dish to share, and contact the KSSK office for more information.

See OldPineTree.com for information on what to bring, wear, and how to prepare.

The new Eastern Mountain Sports in Waterford has offered a 15% discount to retreat participants on gear, clothing, etc. Just bring in this flyer!

2011 Retreat Registration form- PLEASE DETACH THIS PORTION AND MAIL WITH FEE (call 860-739-5482 if you have questions)

Mail registration form and preregistration fee to KSSK Hombu Dojo c/o Bushidokai • 339 Flanders Rd Suite 107 • East Lyme, CT USA 06333

Names: _____ Ages: _____

Address: _____

Telephone: home _____ mobile _____ e-mail _____

Amount enclosed: \$ _____ check/CC: number _____ exp / _____ Security Code _____

I recognize that participation in this retreat may be dangerous or hazardous, and accept full responsibility for my/my child's health while engaging in activities at this /these event(s). I agree to release and waive any and all rights, claims, or action that I, my heirs, successors, or assigns may have against Bushidokai Traditional Martial Arts, LLC, Acupuncture, Shiatsu and Oriental Medicine of New England, LLC, Sensei David R. LoPriore, Bushidokai members and/or instructors, or any staff instructors at this event. I also waive the right to seek compensation for any photographic image of myself taken at these events for use in advertising for future events.

Signature: Parent/Guardian/Self _____