

## KSSK April 2010 Retreat

The Principles of Natural Law are the rules by which all things in our world function and behave. Insight into these Laws, and behavior within their parameters, are essential in the highest levels of performance in all endeavors. This retreat experience will offer guidance in returning to the source, in an essential interpretation of Mother Nature's lessons, from the 770-year-old art Kosho Shorei Ryu.

If you are interested in True holistic health, are a martial artist, a natural healer, or simply a seeker of Truth and inner peace, this retreat is for you! It will deepen your understanding of nature, and yield great insight into yourself. We will begin with slowing down using Zen walking meditation, leaving space and time for quiet retreat within your heart-mind. We will walk and hike together through some beautiful natural environments, among strong New England- weathered trees, beautiful vistas, glacial boulders, and by peaceful streams. And you will learn to understand your relationship to these things as interpreted through ancient Asian philosophy. The Kosho Shorei Ryu Japanese Warrior-Healer tradition offers many exercises in nature to help us understand the macrocosmic and microcosmic universe that we all inhabit. You will come away from this experience with new insight, deeper understanding, and a renewed sense of natural ease and vitality. This is Kosho Shorei True Self-Defense!

Experience the Principles of Natural Law, in Nature!

at the Kosho Shorei Shin Kai

Spring Kosho Shorei Ryu Retreat,

with

David LoPriore, Sensei, L.Ac., Headmaster of Kosho Shorei Shin Kai

April 24 & 25th, 2010 • East Haddam, Connecticut

At Devil's Hopyard State Park

Saturday 10am – 4:00pm + bonfire cookout after • Sunday 10am – 3:00pm

Training fees: only \$120 for the weekend, or \$80 for one day.

All fees should be prepaid by Thursday, April 22nd. Attendance for this event is limited to 30 participants. Please sign up ASAP to reserve your space! All participants must preregister.

Please meet in the lower, main lot (below the waterfall) at Devil's Hopyard State Park by 9:45am.

Bring water, a snack, layers of warm clothes, a whistle, a jo or walking stick, a first aid kit, and wear hiking boots.

The Principles of Natural Law are the rules by which all things in our world function and behave. Insight into these Laws, and behavior within their parameters, are essential in the highest levels of performance in all endeavors. This retreat experience will offer guidance in returning to the source, in an essential interpretation of Mother Nature's lessons, from the 770-year-old art Kosho Shorei Ryu.

If you are interested in True holistic health, are a martial artist, a natural healer, or simply a seeker of Truth and inner peace, this retreat is for you! It will deepen your understanding of nature, and yield great insight into yourself. We will begin with slowing down using Zen walking meditation, leaving space and time for quiet retreat within your heart-mind. We will walk and hike together through some beautiful natural environments, among strong New England- weathered trees, beautiful vistas, glacial boulders, and by peaceful streams. And you will learn to understand your relationship to these things as interpreted through ancient Asian philosophy. The Kosho Shorei Ryu Japanese Warrior-Healer tradition offers many exercises in nature to help us understand the macrocosmic and microcosmic universe that we all inhabit. You will come away from this experience with new insight, deeper understanding, and a renewed sense of natural ease and vitality. This is Kosho Shorei True Self-Defense!

Call or visit now to register. Attendance is limited. Directions to Devil's Hopyard State Park are available at the Dojo.

860-739-5482 or [www.OldPineTree.com](http://www.OldPineTree.com)

Find your "Mountain Heart". Gain powerful insight, through the holistic self-cultivation available through Nature, and the Kosho Shorei Ryu Arts of "True Self-Defense": Ideal for the development of enduring holistic wellness.

Directions to Devil's Hopyard State Park, East Haddam, from Bushidokai Dojo

Take a right out of the Dojo parking lot.

Take Rt. 161N for about 7 minutes to the end.

Take a Left on 85N

After about ten more minutes, take a Left on Rt. 82, at the Shell Station at Salem 4 Corners.

At the brown "Devil's Hopyard State Park" sign (about seven minutes on Rt. 82), take a Right on Hopyard Rd. Now: as a Kosho Shorei Ryu student about to enter inner retreat, attempt to actually drive the 25mph speed limit all the way to the park!

Park in "Picnic area" lot, on the Right, which is before the Chapman falls lot.

The total trip will take about 35 minutes.

Directions to Devil's Hopyard State Park, East Haddam, from Bushidokai Dojo

Take a right out of the Dojo parking lot.

Take Rt. 161N for about 7 minutes to the end.

Take a Left on 85N

After about ten more minutes, take a Left on Rt. 82, at the Shell Station at Salem 4 Corners.

At the brown "Devil's Hopyard State Park" sign (about seven minutes on Rt. 82), take a Right on Hopyard Rd. Now: as a Kosho Shorei Ryu student about to enter inner retreat, attempt to actually drive the 25mph speed limit all the way to the park!

Park in "Picnic area" lot, on the Right, which is before the Chapman falls lot.

The total trip will take about 35 minutes.