



Stillness and Movement -
The Source & Flow of Aikido
Tai Sai 2020 Seminar at
Aikido in Fredericksburg, USA

18-19 April, 2020

Tai Sai 2020 Seminar with Miles Kessler Sensei – Application/Waiver



Miles Kessler Sensei

Join us for training in mindfulness, Aikido, meditation, and joy with renowned teacher Miles Kessler. Miles Sensei will build on his body of work and focus this seminar on "Stillness and Movement" in Aikido. As a dual lineage holder in the traditions of Aikido and Mahasi meditation, Miles Sensei builds on his knowledge of Aikido, Vipassna Meditation, and Integral Practice. He will lead us in creatively unlocking the potential that Aikido holds for the evolution of the individual, the art, and our world by focusing on the power of Stillness and Movement.

Aikido in Fredericksburg

The setting for our gathering is the beautiful "green" Aikido in Fredericksburg dojo, built on 20 rural acres evocative of the environment at the Iwama Dojo in Japan, where Aikido was developed and where Miles Sensei trained. It is located between Washington, DC, and Richmond, Virginia, just 1.4 miles off US 1 between I-95 exits 126 and 118 at [6155 Hickory Ridge Road](#), Spotsylvania, VA 22551 USA. Overnight accommodations can be arranged with advance notice.

Tai Sai is the annual celebration of the founder of Aikido's life and the gift of Aikido, on the anniversary of his passing.

See you there! We look forward to sharing this experience together.

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Non-Refundable Fee Must Accompany Registration

(please make \$119 check payable to Aikido in Fredericksburg and mail to 6155 Hickory Ridge Road, Spotsylvania, VA 22551 before 20 March 2020, or bring \$149 to the event if space is still available. If you prefer to register online, [click here](#))

Name _____ Contact Telephone _____
Address _____ City, State _____
Zip _____ Aikido Rank (if any) _____
Practice or Dojo Name _____ Email Address _____

How did you learn about the Seminar? _____

Do you have any health limitations that would affect your ability to practice Aikido?

My main goal for the seminar is:

Contact Person and Phone in Case of Emergency:

Amount Enclosed (\$119 seminar fee before 3/20/19, \$149 thereafter (space available basis) _____

____ Yes, I would like to contribute \$12 for the Saturday dinner instead of bringing a dish to pass (you may add it to the above amt)

Do you need assistance with overnight accommodations or local transport? _____

READ THE FOLLOWING CAREFULLY - IT LIMITS OUR LIABILITY

I, the undersigned guest of AIKIDO IN FREDERICKSBURG (hereafter called "School"), acknowledge that I am applying for instruction in a martial art involving strenuous exercise and personal body contact. I acknowledge that any insurance that the School may carry may not cover injury to its students. As a condition to being admitted to the seminar and related events, I assume the risk of all injury and *do hereby hold the School, its instructors, employees, volunteers, lessors, and agents, and Miles Kessler harmless from any and all liability* (including attorney's fees and costs) for all claims, actions, or damages due to injuries suffered by me or caused to third parties by me, arising out of activities involving Aikido, any variation thereof, or associated therewith, whether occurring on the premises of the School or elsewhere.

I agree that the health, welfare, and safety of students, members, and instructors of the School are of paramount importance. I certify that there is no medical reason to preclude me from training. I certify that, other than as stated above, I do not have a communicable, contagious, or other health condition that poses a medically-recognized or dangerous risk of harm to other students, members, or instructors of the School.

I agree to abide by the rules of the School and to follow instructions given by instructors. I understand that (a) training is a privilege, (b) the School may refuse to provide instruction or membership to any person at any time, and (c) fees paid are not refundable. I agree to receive communications as appropriate at the above addresses from School. I agree that the School may use any photos or recordings or other images of me taken at the seminar.

Date _____ Signature _____

If student is under eighteen (18) years of age, parent or guardian must also sign here.

I, the undersigned, as parent or guardian of the above applicant, certify that I have read the above application and I consent to the applicant's receiving the instruction applied for and I agree to the provisions of the contract for myself and said applicant.

Date _____ Signature _____