



**Stillness and Movement -
The Source & Flow of Aikido
USA Seminar at
Aikido in Fredericksburg**



4-5 September, 2021



Fall 2021 Seminar with Miles Kessler Sensei



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 Mindfulness 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. Let's get back on the mat together!

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.

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

Fall 2021 Seminar with Miles Kessler Sensei – Application/Waiver

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 7 August 2021, or bring \$159 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 8/7/21, \$159 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 and Miles Kessler (hereafter called "Schools"), acknowledge that I am applying for instruction in a martial art involving strenuous exercise, personal body contact, pins, and falls I acknowledge that any insurance that the Schools 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 Schools, its lessors, instructor, employees, volunteers, and agents harmless from any and all liability* (including attorney's fees and costs) for all claims, actions, or damages due to injuries or illnesses 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 Schools or elsewhere.

I agree that the health, welfare, and safety of all students, members, and instructors of the Schools 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 and/or (in the last 14 days) I have not been exposed to a communicable, contagious, or other health condition that poses a medically-recognized risk of harm to other students, members, or instructors of the School. If this changes in the future, I shall inform the School in writing and shall not attend unless mutually agreeable proper precautions are taken.* I acknowledge that there is an inherent risk of exposure to Covid-19 in any place that people are present and I voluntarily assume all risks of exposure. I certify that I have been fully vaccinated against Covid-19.

I agree to abide by the rules of the Schools and to follow all instructions given by instructors. I understand that (a) training is a privilege, (b) that the Schools 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 Schools and I agree that the School may use any recordings or images of me taken at the seminar. I will not take any video recordings.

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 _____