



Minnesota Ki Society Spring Seminar

Ileana Shaner Sensei, 5th Dan

April 26-28, 2019

Ki Development & Music-Making in Daily Life



Schedule:

Friday, April 26 (Free)

6:00 – 7:30	Ki & Aikido Class
7:30 – 8:30	Kid's Class
8:30 –	Social at the dojo

Saturday, April 27

9:00 – 12:00	Ki & Aikido Morning Session Lunch Break
1:30 – 4:30	Ki & Aikido Afternoon Session
6:00 –	Dinner & Social

Sunday, April 28

9:00 – 12:00	Ki & Aikido
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All times listed are bow-in times. Please arrive early enough to change, stretch, relax and socialize before class.

Costs:

Full Seminar	\$100 <i>Saturday lunch & socials included</i>
<i>a la carte</i>	
Per Session	\$40 each
Saturday Lunch	\$10 (Sub Sandwiches)

Lodging:

Please contact us if you are looking for accommodations. We have some space available in members' homes for out of town guests. We will also be happy to provide hotel information.

Ileana Shaner Sensei

5th Dan, Joden

Ileana Shaner Sensei is a pianist, martial artist, and Yoga practitioner and instructor. She has trained Ki Aikido with her husband, David Shaner Sensei, Chief Instructor of the Eastern Ki Federation, for 24 years. She currently holds the rank of Godan (5th dan) in Shinshin Toitsu Aikido, the rank of Joden in the art of Shinshin Toitsudo, and is a Full Lecturer for the Shinshin Toitsu Aikido Kai [Ki Society Headquarters]. In 1996, Ileana and her taigi partner, Eric Harrell, won the first International World Cup Taigi competition in Tochigi, Japan. Ileana lives with her husband and three children in Greenville, SC.



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Name: _____

Address: _____

Phone: _____ e-mail: _____

Dojo: _____ Aikido Federation: _____ Rank: _____

Emergency Contact: _____ Relationship: _____

Phone: _____

Diet preferences/needs: _____

Sessions you will attend (check):

- Kid's Class (Free)
- Friday Class & Social (Free)
- Saturday AM Saturday PM
- Sunday

Costs

- Full Seminar: \$100
- a la carte**
- Per Session: \$40 x number of sessions: \$ _____
- Saturday Lunch \$10 (included in full seminar fee)

Amount Enclosed: \$ _____

*Make checks payable to The Center for Mind-Body Oneness
Scholarships are available. No one will be turned away for lack of funds.*

Release of Liability and Assumption of Risk:

I, _____, understand that Aikido is a rigorous physical activity that includes, but is not limited to, strikes, falls, and the application of force to joints. I recognize that, while efforts have been made to insure a safe training environment, there are inherent risks in my participation in this seminar hosted by The Center for Mind-Body Oneness. In full consideration of this:

1. I certify that I am in good health and have no physical conditions which would endanger my health through my participation in any part of this seminar.
2. I take full responsibility for my participation in each activity and exercise presented in this seminar. As a voluntary participant in each activity, I assume full legal responsibility for any risks involved in my participation. On behalf of myself and my heirs, I hereby release Minnesota Ki Society, Eastern Ki Federation, The Center for Mind-Body Oneness, their officers, instructors and representatives from any liability for any injury or damage which may be sustained to me or my property through my participation in this seminar.
3. I certify that I have fully informed myself of the risks of participating in this seminar, that I understand the content of this release of liability, and that I am legally competent to execute it.

Signature: _____
(Signature of Parent or Guardian if under 18)

Date: _____