

# **2010 AIKIDO MOUNTAIN BACKPACKING RETREAT AUGUST 13, 14 & 15**



*With*

**FLORIAN TAN, AIKIDO OF FRESNO**

***JOIN US FOR A RETREAT WITH BACKPACKING,  
AIKIDO and MEDITATION AROUND THE CAMPFIRE  
UNDER THE STARS IN YOSEMITE NATIONAL PARK.***

**COST OF THE RETREAT: \$55 BEFORE AUGUST 4,  
\$60 AFTER  
(DOES NOT INCLUDE PARK ENTRANCE FEE)**

To register in advance, please mail your payment to:  
Aikido of Fresno, Attn: Florian Tan, 1130 N Wishon Ave, Fresno, CA 93728  
Please include your name, dojo affiliation, and contact information (including e-mail address).  
Basic accommodations are available at the dojo for out-of-town participants.  
Bring a sleeping bag, pillow, etc. Hotel list can be found on the links page of our website.  
tanflorian@gmail.com      (559) 304-6741      www.aikidooffresno.com



## **2010 AIKIDO MOUNTAIN BACKPACKING RETREAT**

Participating in the Aikido Mountain Backpack Retreat is exciting, challenging and a lot of fun.

We will be hiking up to Chilnualna Falls (South Entrance of Yosemite National Park). The distance is about 8 miles (roundtrip), which will take 4-5 hours (each way); the elevation gain is 2400ft. The trail can be characterized as MODERATE.

When you sign up, pay as soon as possible (\$5 off before August 4). This will secure your spot and will give me an exact idea of the number of participants (reservation with the park). After your payment is made, you will receive an information package for the retreat.

To make sure everyone will get enough nutritious meals \$20 to our communal food fund is included in the retreat fee.

Out of Town participants are welcome to arrive on Thursday and spend the night at the dojo.

