

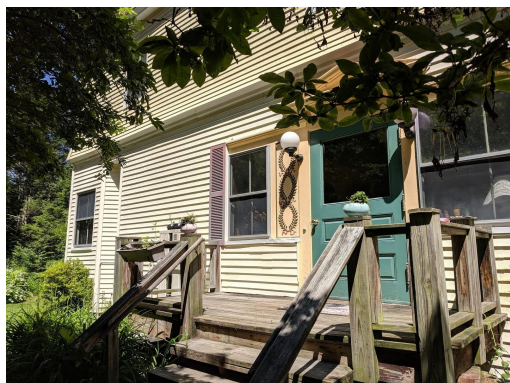
*I like to wash the dust of this world in the droplets of dew. - Matsuo Bashō*

**Shintaido North East  
Fall Gasshuku**

## **A Place of Peace**

**October 5th & 6th, 2019**

*\* with optional  
Friday, Oct 4th evening arrival*



## **Senexet House**

**276 Senexet Road**

**Woodstock, CT, USA 06281**

*Senexet House is a Victorian cottage, now used as a retreat center. It is located off Route 171, in a region known as Connecticut's Quiet Corner.*

<http://www.senexethouse.org>

### **Keiko Coordinator: Margaret Guay**

*We are pleased to announce Margaret as our Keiko Coordinator. With over 30 years of Shintaido experience, Margaret has a deep understanding of Shintaido practice. She has been a Shintaido Instructor in the Northampton area for many years, and she is also a teacher of Body-Mind Centering®, an integrative movement approach. Margaret is known for her insight and her joyful leadership. She will coordinate with instructors to provide a cohesive experience for both beginners and experienced attendees, based on our theme: A Place of Peace.*

**Co-managers: Mary Foran and Roger Solomon**  
[coeforan@gmail.com](mailto:coeforan@gmail.com) and [rs271enr@gmail.com](mailto:rs271enr@gmail.com)

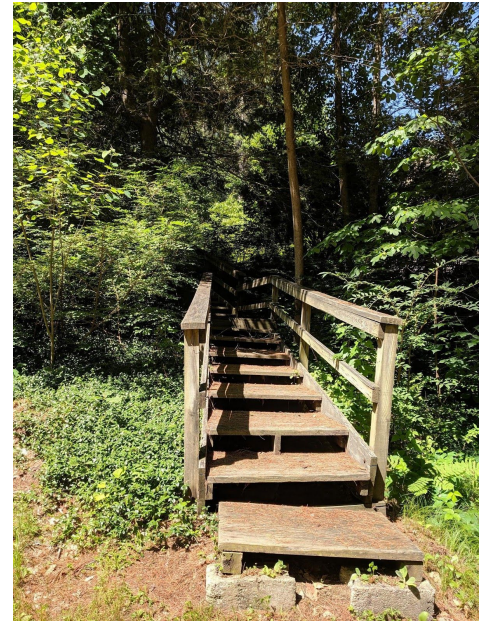
*Suggested reading: Mozart's Starling by Lyanda Lynn Haupt*



The setting for our fall gasshuku is a place of peace, the Senexet House and grounds. One of the most beautiful features of the property is the expansive keiko field with plenty of room to run and roll, or toss your boh into the sky!

Keiko will focus on open-hand Shintaido, but bring your boh and bokutoh, if you have them. After a group warm up, we will “break out” with more vigorous practice, return to the basics, and then continue as our goreisha (teacher) takes us through the final part of class.

After keiko, brunch will be served in the Senexet House dining room. The house chef is happy to accommodate dietary needs, please let us know when you register. Food will be fresh, simple and nutritious.



Saturday afternoon will be centered around Keiko II, but there will be time to relax on the screened porch, paddle on the property's adjacent Roseland Lake (no swimming), or walk in the woods. Close by, there are paddling and hiking trails in the Quinebaug River region, or visit the Palmer Arboretum.

We will gather again for a 6pm dinner, home cooked by the chef. Later Saturday evening there will be an optional meditation, hopefully under a canopy of stars.

One of the wonderful aspects of the Senexet House are the circle of second floor bedrooms around a center stairwell. This layout creates a feeling of privacy. There are 11 bedrooms, which vary in size. Most rooms have an in-room sink, and there are multiple bathrooms upstairs. The place has old fashioned charm, conducive to rest.

Sunday we will have a light breakfast, a keiko practice, followed by brunch and a closing ceremony. Departure will be early afternoon.





If you would like to extend your time at this event, consider adding Friday evening accommodations at the Senexet House for an additional \$50. Although no meal will be provided at the house, we imagine coordinating a time and place to meet for a light dinner.

Woodstock is 1 hour from Hartford, 40 minutes from Providence, and 75 minutes from Boston. For help with transportation, please contact **Matt Shorten** at [mattshorten@yahoo.com](mailto:mattshorten@yahoo.com)

We look forward to being together.  
On behalf of **Shintaido North East**,  
we hope you will join us.  
**Mary and Roger**



### **Schedule**

#### **Friday, October 4th, 2019**

Optional gathering for dinner: to be determined

Optional "add on" accommodations at Senexet House 6:00 pm start time



#### **Saturday, October 5th, 2019**

Tea corner with light breakfast food

Registration & Check-in: 8:00 - 9:00 am Senexet House

Opening Ceremony: 9:15 am Senexet House

Keiko I

Brunch

Keiko II and free time (times to be announced)

Dinner

Optional evening meditation

#### **Sunday, October 6th, 2019**

Tea corner available with light breakfast food

Keiko III

Brunch

Closing Ceremony: 2:30 pm Senexet House



**To register, please contact Nancy Billias by:**

Email: [nancy.billias@gmail.com](mailto:nancy.billias@gmail.com)

Phone: **413-348- 4329**

or mail this registration form to: **Nancy Billias, Registrar**  
**244 Oakland St, Apt H**  
**Manchester, CT 06042**

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please pick one (includes 3 keiko, 3 full meals, tea corner, Saturday night accommodations):

\_\_\_\_\_ **\$225** - Full Gasshuku registration received by Sept 27th.

\_\_\_\_\_ **\$200** - Early registration by Sept 10th.

\_\_\_\_\_ **\$180** - Early registration by Sept 10th AND current 2019 SOA\* membership.

*\* Shintaido of America (SOA) is a non-profit organization. Members receive a discount on retreats, as well as other benefits. Join online at [www.shintaido.org](http://www.shintaido.org) or when you arrive for the SNE Fall Gasshuku.*

\_\_\_\_\_ **\$150** - Non participant (no Shintaido practice) or children ages 2 - 12.

Please check all that apply:

\_\_\_\_\_ **+ \$50** - I would like to stay at the Senexet House on Friday evening

\_\_\_\_\_ I would like to be contacted about a possible Friday evening meal before the event

\_\_\_\_\_ I have **dietary requests**, as follows: \_\_\_\_\_

**Total:** \_\_\_\_\_ **Please make checks out to Shintaido North East. Thank you.**

If you have questions, or would like more information, please feel free to email us. Thank you.

**Co-managers:** Roger Solomon [rs271enr@gmail.com](mailto:rs271enr@gmail.com) and Mary Foran [coeforan@gmail.com](mailto:coeforan@gmail.com)