

# O Sensei Revisited VIII

with Robert Nadeau, Shihan  
May 3rd - 5th, 2019



## Workshop Teachers

Robert Nadeau  
(Shihan, 8th dan)

Jack Wada  
(7th dan)

Mary Heiny  
(7th dan)

Paul Bohlman  
(5th dan)

## Workshop Details

Info & Registration:

[www.CityAikido.com/o-sensei-process-workshop](http://www.CityAikido.com/o-sensei-process-workshop)

3 pm Friday, May 3rd - 3 pm Sunday, May 5th

[www.cyocamp.org](http://www.cyocamp.org)



CYO Retreat Center  
2136 Bohemian Highway  
Occidental, CA

*“Bind yourself up with ki,  
stand in the center,  
polish your mind,  
and be engulfed by divine vibrations”*

... O Sensei