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Transmission Retreat



**May 29 – June 2
2017**

Cataldo, Idaho

<http://mtnviewretreat.com>

+ Seminar Overview

The Daily Plan:

Breakfast Self-Serve

Train 9:30-11:30 AM

Lunch 12-1 PM

Train 3:30-5:30 PM

Dinner 6-7 PM



Accommodation cost is based on double occupancy rooms in the lower floor of the dojo.

The washroom has three sinks, three showers and two “water Closets”/Toilet rooms.

Two patios with mountains views and walking trails along the river are 5 minutes down the driveway. These paths lead to 184 miles of paved trails in the mountains.

The dojo space has vaulted ceilings, approximately 30 feet high, and has 1000 sq ft of Mountain View mat space.

Training will be 2 x 2 hour sessions each day 9-10:30 AM and 4-5:30 PM.

The mat space will be open for further solo training or stretching through the day.

The rest of our time will be open to provide opportunity for personal retreat, bodywork, enjoying the mountains, sight seeing or napping.

Food included



Breakfast:

- Breakfast will be continental style before the morning training session
- Yogurt, granola, coffee, fruit, toast, eggs and some baking will be provided



Lunch:

- A daily menu of soups, salad and lighter fare will be cooked fresh
- Vegetarian, Gluten and other dietary needs will be accommodated
- Served daily at noon



Dinner:

- New daily meals will be served everyday at 6:00 PM
- Dietary needs will be accommodated
- Salad, entre and dessert included



Snacks:

- Fresh baked goods, Fruit, Vegetables and Snacks will be readily available all day and night in the kitchen



Seminar Intention:

From Josh Drachman Sensei:

“My goal in five days of training ... is to transform people's bodies and perception, not just improve technique. Being offsite for a five-day period will enable a kind of focus (and hopefully result) that cannot be achieved in a regular seminar environment. I am really excited about the possibilities here.”

Registration Details:

There will be a **MAXIMUM** of 10 participants.

The cost of the Seminar, Accommodations and Food is:
\$1100 USD (Off site accommodations/hotels are available about 30 minutes drive away.
There is room for 8 participants to sleep at the dojo.

If you choose offsite accommodations, your fee will be adjusted)

A \$500 deposit will be asked for to hold your spot.

Any Questions, please contact Reg.nugent@gmail.com

The closest airport is Spokane International Airport
A shuttle service is available; coordination of a ride can be arranged through Reg Nugent.