

# Misogi-Retreat

## WHY ?

- The mind comes to rest
- Lungs expel waste products
- Respiratory muscles are strengthened
- Emotions are released

Morihei Ueshiba explained the significance of Misogi like this:

*"The only cure for materialism is the cleaning of the six senses (eyes, ears, nose, tongue, body and mind). If the senses are clogged, one's perception is stifled. The more it is stifled, the more contaminated the senses become. This creates disorder in one's life and, consequently, throughout the entire world, and that is the greatest evil of all.*

***In order to protect the world, we must first rid ourselves of defilements."***

## TESTIMONIES

- „It was an intense and great experience and very well structured“
- „I was so surprised getting out of the car after hours of driving home. Normally the body feels tense and broke... but returning from Misogi seminar I felt relaxed, light and open in my body with no pain anywhere at all. That was amazing and still is“
- „There was a time of genuine inner peace“
- „During the 3 days I went from 'what am I doing here - I could sit at home and read something' to the perfect unity of voice, movement, group, space and everything. Those were the moments that make you forget everything else“
- „Since the weekend I have a strange but pleasant state of serene energy“
- „Head and lungs felt very free afterwards and life without a clock and the outside world was a pleasant change“

## WHEN ?

Friday evening 02.02.2024 to  
Sunday afternoon, 04.02.2024

## COSTS ?

Accommodation (very simple): 10€ per night and person.  
Plus Usage of seminar room/kitchen max 50€ (depending on number of participants).  
The costs for food will be split on site.

## WHAT ?

- Performing Misogi with bell / Bokken
- Practising the rhythms and their changes
- Studying the movement of bell and arm
- Refining the Seiza Position
- Breathing exercises
- Illuminating the different roles - leading, support, participation in the group

## WHO ?

Everybody who feels a call for this intense practice is invited.  
All levels of Misogi-experience.

Guidance of retreat:  
Heike Howein

Proven and great kitchen team:  
Ulla Michel + Rolf Bender

## WHAT ELSE ?

The retreat will take place in a historic building, a former mill, close to Hersbruck (Nuernberg)  
Registration is mandatory! For questions, more details and registration send email to Heike: aikido@dojo-am-fluss.de - please do so until 20.01.2024! Participation is at your own risk