

# *Shintaido*

Gower Gasshuku  
Three Cliffs Bay, Gower Peninsular  
September 5-6 2009

After a break last year, we're heading back to the Gower for more sand sea and surf.

## Where

We'll be staying at the Nicholaston Farm campsite <http://www.nicholastonfarm.co.uk/>. As they only accept bookings for named individuals, **please ensure you book directly as soon as possible** (see below).

## Timetable

There will be 4 keikos over 2 days with various instructors. Provisional timetable is:

### *Saturday*

**10:00** Meet up by [green VW camper](#) (plan to arrive before then to put up tents etc)

**11:00** Keiko 1

**13:00** Lunch

**16:00** Keiko 2

**Evening** Food and fire on the beach + full moon: night meditation

### *Sunday*

**07:00** Sunrise keiko 3

**08:30** Breakfast

**11:00** Keiko 4

**13:30** Lunch

**14:00** Farewell for those needing to go

**15:00** Optional extras – walking, swimming

## Weather

Come prepared for whatever weather the Gower has to offer!

## Contacts

Contact Jo or Paul Hofman if you need any further details. Paul's mobile is 07977 228973 or try 01453 834774. Please call, or email [phofman@nildram.co.uk](mailto:phofman@nildram.co.uk) to say if you'll be definitely coming or if you subsequently change your mind.

## Costs

**Keiko fee:** £25 (£15 children, concessions)

We would appreciate confirmation and deposits, so we have an idea of numbers for food.

Deposit: £10 to Jo Hofman: 3 Byways Washpool, Horsley, Glos, GL6 0PP. Cheques payable to Jo Hofman.

**Camping:** Approximate camping cost £13-18 per night depending on your tent or vehicle and the number of people in it. Please book in your own name and for own camping needs.  
Telephone: 01792 371209 (10:00 – 18:00)

Small 2 person tent, 1 car (max 2 people)	£13.00
Caravan, awning & 1 car	£18.00
Family tent, 1 car (max 6 berth)	£17.00
Family tent, 1 car (7 + berth)	£18.00

**Food:** £12 to cover vegetarian meals but please bring any goodies to share (fruit, biscuits etc). Also bring essential eating equipment (plate, bowl mug, cutlery etc). Let us know any special dietary requirements. There is a shop and café should the need arise.

### To bring

Bring boh and bokuto and maybe a kite, swim things, torch, songs to sing and instruments for the time round the fire.

### Getting there

GPS 51.573296,-4.135854

