

Ki Aikido Summerseminar

With K. Yoshigaski Sensei

4-9 July 2010

Stevns, Denmark

You are invited to our biannual summerseminar with Sensei, this time in the village Store Heddinge, in the heart of Stevns, about 50 km south of Copenhagen. In between classes, you can enjoy walks in forests, at Stevns cliffs or go to the beach, which all are within 5-8 km from the village.

There are train connections from Copenhagen to Store Heddinge, and Motorway E47 passes nearby.

The seminar will take place at:

Stevnshallen

Parkvej 3, 4660 Store Heddinge

And we will stay at a hostel 100m from there:

Danhostel – Store Heddinge

Ved Munkevænget 1, 4660 Store Heddinge

A small and good quality hostel, with 4-6 persons rooms, and three meals a day (meat/vege).

It is not possible to do camping at the area, but nearby (8 and 14 km!) there are two camping places:

www.rodvigcamping.dk www.stevnscamping.dk

Schedule:

Sunday 4/7:

12.00-14.00 *arrival and registration at hostel*

14.30-17.45 *Aikido all*

18.30 *dinner*

Monday 5/7 – Thursday 8/7:

7.00-7.45 *morning practise*

8.00-9.00 *breakfast*

9.30-11.00 *Aikido all*

11.00-12.00 *instructors*

12.30-13.00 *lunch*

15.30-16.30 *instructors*

16.30-18.00 *Aikido all*

18.30 *dinner*

Friday 9/7

8.00-9.00 *breakfast*

9.30-11.30 *Aikido all*

12.30-13.00 *lunch and departure*

Thursday evening we have a party!!

Prices:

Food and lodging: 1.725 Dkr whole seminar
345 Dkr a day

Practise: 750 Dkr whole seminar
(950 Dkr Instructors)

Registration, no later than 1. June 2010 to:

Carsten@ki-aikido.dk

Ki og Aikido Dojo, København
Studivestgade 32b, 1455 K Danmark