

AIKIDO FRIENDSHIP SEMINAR

30. Juni – 02. Juli 2017

Aikido

With

Jochen Maier 6. Dan Aikikai Shidoin

Jules McGough 4. Dan Aikikai Shidoin

Zazen

With

Leoni Myoshin McGough 3. Dan Aikikai Fukushidoin



Freitag:

18:00 - 18:30 intro to Zazen*

18:30 - 19:30 Zazen

20:00 - 21:30 Aikido

Samstag:

10:00 - 10:30 Zazen

11:00 - 13:00 Aikido

16:00 - 18:00 Aikido

Sonntag:

10:00 - 10:30 Zazen

11:00 - 13:00 Aikido

*Zazen is optional, please let us know if you wish to take part.

Seminar fees:

Complete seminar - 50 €.

1 Aikido class – 20 €

All proceeds created from the seminar go to help our friends at the Rainbow Centre in Sri Lanka.

More info: www.aikistuttgart.de

