

KI & AIKIDO

SUMMER SEMINAR JULY 2018

Aikido summer

in Denmark July 21.-26. with Doshu



You are hereby invited to our biennial summer seminar with Doshu. The seminar will be held in the village of "Store Heddinge", in the heart of Stevns, about 50 km south of Copenhagen. Between classes, you can enjoy walks in the forest at Stevns cliffs (which is a UNESCO World Heritage candidate), visit the blue lakes of Faxe or just go to the beach, read more at: <http://kalklandet.dk/>

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

Venue:

Stevnshallen
Parkvej 3, 4660 Store Heddinge
Just 100 meters from the hostel.

The hostel:

Danhostel – Store Heddinge
Ved Munkevænget 1, 4660 Store Heddinge
A small, good quality hostel.

It is also possible to stay at a camping site nearby (8 and 14 km!)
www.rodvigcamping.dk www.stevnscamping.dk

Registration to michael@toitsu.dk, before June 1.

For a special reduced price, please register & pay the seminar fee before April 1 and save 20 €.

Further information at <http://www.toitsu.dk/aikido-summer-2018>
& www.facebook.com/aikido.gladsaxe.

Schedule:

Saturday 21/7:

13.00-15.00 Arrival and registration at hostel
16.00-18.00 Aikido all
19.00 Dinner

Sunday 22/7 – Wednesday 25/7:

7.00-7.45 Morning practice
8.00-9.00 Breakfast
9.30-11.00 Aikido all
11.00-12.00 Instructors
12.30-13.30 Lunch
15.30-16.30 Instructors
16.30-18.00 Aikido all
19.00 Dinner

Thursday 26/7

8.00-9.00 Breakfast
9.30-11.30 Aikido all
12.30-13.30 Lunch and departure

On one of these days (depending on the weather) a class will be cancelled, so that we all can go sightseeing in a large group at the the Blue lakes or the treetop walkway in Gissselfeld:
<https://tinyurl.com/treetop-walkway>.

On the Wednesday evening we will have a party!

Seminar fee

Aikido practice: 140 €/ 980 Dkr normal classes
160 €/1130 Dkr incl. instructors

Early birds, save 20€ 120 €/830 Dkr normal classes
(Pay+reg. before April 1): 140 €/980 Dkr incl. instructors

Food and lodging: 260 €/1880 Dkr whole seminar
65 €/420 Dkr a day

Rooms are for 2-6 people & 3 meals a day (meat/veggie).

Banking info: Toitsu - Ki & Aikido Dojo, Gladsaxe, Faelleskassen, Bank code.: 8411, Account No: 4175950
IBAN: DK2484110004175950, BIC (SWIFT): FAELDKK1 or FAELDKK1 via DANBDK22