

CRISSOLO

(Valle Po, sul monte Monviso) - IT Piemonte
1400 mt s.l.m.



WEEK-END CHILDRENs AIKIDO CAMP August 5-8, 2021



Bruno Maule Shihan

CSEN National Referent for AIKIDO

The seminar is open to everyone after registration


For information:

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 Centro Sportivo Amos Novara - Dojo Ronin Ki Aikido Novara



Dojo Ronin Ki Aikido Novara



WEEK-END AIKIDO CAMP

Every participant must be privately insured against possible accidents.

Program:

Thursday, August 5 Welcome to the CITTA' SUL MONTE from 2.00 pm

Friday, August 6 Start of the seminar at 7.00 am

Sunday, August 8 End of the seminar at 12.00 am

7.00 am - 8.00 am MISOGI (breathing and meditation)

8.00 am Breakfast

9.00 am - 10.00 am Holiday tasks

10.00 am - 12.00 am AIKIDO / ARMI **bring bokken, jo and tanto.**

12.00 am - 1.30 pm Playing with animators

1.30 pm Lunch

3.00 pm Free play with animators

7.30 pm Dinner

10.30 pm Bedtime

Animated evening: volleyball, table football, table tennis, free play.

Collaboration in the dining room to clear tables is appreciated.

Vegetarian and vegan menus on request.

Rooms: 2 to 12 people. The house provides sheets and blankets. **Bring your own towels.**

Toilets on the floors, with showers; hot water. Reserved parking. Two large dining rooms. Bar with TV and VCR. Possibility of video projections, sound system. Equipped games room. Large multipurpose courtyard with porch, volleyball court and 7-a-side football field.

ESCURSIONS:

Pian del Re lakes (2020m)

The Rio Martino cave (1530m)

Balma Boves Sanfront (16 km from Crissolo)

You can also: visit the ancient village of Crissolo, the village Borgo, Ostana (included in the list of The most beautiful villages in Italy), take walks along the Po, along the woods, to the sanctuary of San Chiaffredo, at Pian della Regina (1714m), Pian del Re (2020m), Lago Fiorenza (2113m), Monte Tivoli (1791m).

We recommend: boots, anorak, sweater and headlamp

Reservations by June 30, 2021.

