

KI & AIKIDO

SUMMER SEMINAR JULY 2020

Aikido summer in Denmark July 18.- 23. 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-2020>
& www.facebook.com/aikido.gladsaxe.

Schedule:

Saturday 18/7:

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

Sunday 19/7 – Wednesday 22/7:

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 23/7

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

One of the days (depending on the weather) a class will be cancelled, so that we all can go sightseeing in a large group to the treetop walkway in Gissselfeld:

<https://tinyurl.com/treetop-walkway>.

+ there will be **storytelling** one evening!

On the Wednesday evening we will have a party!

Seminar & accommodation fee

Aikido practice: 150 € / 1.050 Dkr normal classes
180 € / 1.250 Dkr incl. instructors

Early birds, save 20€ 130 € / 900 Dkr normal classes
(Pay+reg. before April 1): 160 € / 1.100 Dkr incl. instructors

Food and lodging: 280 € / 2000 Dkr whole seminar
Only food 135 € / 955 Dkr whole seminar

Rooms are for 2-6 people & 3 meals a day.