

# TAINA NYSTRÖM



17-19 June 2016

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Aikido Seminar with

## TAINA NYSTRÖM (Helsinki, Finland)

17 – 19 June 2016 in Oberursel, Germany

Taina Nyström is practising and teaching at the "Akari" dojo in Vantaa, Finland. She holds the rank of 4th Dan Aikikai Tokyo.

Taina glided into Aikido through contact improvisation in 1985. Her focus is on keeping both the movement and the connection flowing without any break, opening all senses to the partner to guide their movement just at the right moment into the chosen direction, working with a deep and enjoyable contact.

Taina's main teachers are Endo Shihan, Jan Nevelius Shihan and Miranda Saarentaus, dojocho of „Akari“ (<http://akari.fi>). Taina is involved in the work of „Aiki Extensions“, an American NGO that sent her to teach in Ethiopia where they are supporting a dojo (<http://aikiextensions.org>).

FRI  
19.30 – 21.30 Aikido

SAT  
10.30 – 12.30 Aikido  
16.00 – 18.00 Aikido  
from 19.00 Party

SUN  
11.00 – 13.00 Aikido

**Weekend seminars are designed to make you gain experience, deepen your skills and create joyful exchange with fellow aikido practitioners from around the world. So please do yourself a favour and attend at least two classes.**

### Location:

Aikido Oberursel (TV Weisskirchen)  
Oberurseler Str. 16, 61440 Oberursel, Germany  
(ca. 20 mins from Frankfurt)

How to get there:

<http://aikido-oberursel.de/en/location>

### Accommodation:

You may drop your sleeping bag at the dojo. Our D&B service includes a full breakfast. The dojo also has a self-service bar that provides drinks at very affordable prices. **Please get in touch** to let us know the date and time of your arrival and whether you have special nutrition requirements!

Please check the „Location“ page on our website for more accommodation options.

Registration procedure:

- **Please register via e-mail**

### Registration contact:

[dojo@aikido-oberursel.de](mailto:dojo@aikido-oberursel.de)  
Mobile +49 (172) 86 36 101 (Klaus)  
<http://aikido-oberursel.de>

All participants must accept the dojo's Terms & Conditions for seminar participation (see „Terms & Conditions“ page on our website). A printed copy is available at the venue. Aikido Oberursel is a department of TV 1889 Weisskirchen/Ts. e.V.