aikido-oberursel.de

SONJA SAUER

28 - 30 October 2016

aikido oberursel

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Aikido Seminar

SONJA SAUER (Duisburg, Germany)

28 - 30 October 2016 in Oberursel, Germany

SONJA SAUER
Sonja's focus is on the dynamic movements that constitute the language of Aikido, its significance as physical communication and its potential to solve conflicts. Her particular interest lies in the soft ukemi forms.

Sonja started practising Aikido in 2003 with Martin Glutsch, and immediately felt a deep passion for the martial art which has accompanied her ever since. Her most influential teachers today are Jorma Lyly, Jan Nevelius Shihan and Mouliko Halén.

Sonja teaches at „Aikido im Hof" in Duisburg, Germany. She holds the ranks of 3rd Dan Aikikai Tokyo and 2nd Dan DAB.

More information on Sonja: http://aikidoimhof.de

FRI
20:00 – 22:00 Aikido

SAT
10.30 – 12.30 Aikido
16.00 – 18.00 Aikido
From 18:00 Party at the dojo

SUN
11.00 – 13.00 Aikido

Beginners are welcome.

Full seminar 60 € (students etc. 40 €)
Single day/2 classes 35 € (= **minimum fee**)*

Location:
Aikido Dojo Oberursel
TV 1889 Weisskirchen/Ts. e.V.
Oberurseler Str. 16
61440 Oberursel, Germany

Oberursel is about 20 mins to the North-West of Frankfurt am Main, Germany. How to get there:
http://aikido-oberursel.de/en/location

Accommodation:
You may drop your sleeping bag at the dojo. The D&B fee is 12 € per night and 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 contact:
dojo@aikido-oberursel.de
Mobile +49 (172) 86 36 101 (Klaus)
http://aikido-oberursel.de

*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.**

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. sports club.