

# SONJA SAUER

aikido-oberurssel.de



© aikido oberurssel

4 - 6 November 2016

## Aikido Seminar

**SONJA SAUER** (Duisburg, Germany)

4 - 6 November 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 - in Frankfurt!

**SAT**

10.30 – 12.30 Aikido - in Oberursel

16.00 – 18.00 Aikido

From 19:00 **Dinner in town****SUN**

11.00 – 13.00 Aikido

Beginners are welcome.

**Locations:**

FRI – Aikido Dojo Frankfurt (Niddahalle SG Nied)  
Oeserstr. 74, 65934 Frankfurt am Main, Germany  
How to get there:

<https://aikido-oberursel.de/?goto=adf>

SAT/SUN – 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 contact:**

[dojo@aikido-oberursel.de](mailto:dojo@aikido-oberursel.de)

Mobile +49 (172) 86 36 101 (Klaus)

<https://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.