

SONJA SAUER

1–3 November
2019



© aikido oberursel

SONJA SAUER

Aikido Seminar 1—3 November 2019

FRI @ LLS
19.30–21.00 Aikido

SAT
10.30–12.30 Aikido
Lunch at nearby restaurant
16.00–18.00 Aikido
Party at the dojo

SUN
11.00–13.00 Aikido

Participants should have practised aikido for at least 3–6 months. Admission is from age 14.

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 4th Dan Aikikai Tokyo and 2nd Dan DAB.

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

Please register via this link:
<https://aikido-oberursel.de/sonja2019>

Locations:

FRI – gym of Landgraf-Ludwig-Schule (LLS)
Rathausstraße 13
61348 Bad Homburg

SAT & SUN – club house of TV Weißkirchen (TVW)
Oberurseler Straße 16
61440 Oberursel

Oberursel is ca. 20 mins from Frankfurt. Guide to both locations: <https://aikido-oberursel.de/en/location>

Accommodation:

You may drop your sleeping bag at our Weißkirchen dojo where breakfast is being served. The dojo also has a self-service bar that provides drinks at very affordable prices.

Please register via the link above and 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.

Contact:

dojo@aikido-oberursel.de
Mobile +49 (172) 86 36 101 (Klaus)
<https://aikido-oberursel.de/en>

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.

We are a non-profit organisation.