



JAN NEVELIUS

24-26

**January
2020**

 **aikido oberursel**

JAN NEVELIUS Shihan

Aikido Seminar 24–26 January 2020

FRI 19.30–21.00 From 21.45	Aikido Drinks & food at nearby pub
SAT 11.00–13.00 From 13.45	Aikido Lunch at nearby restaurant
16.00–18.00 From 19.00	Aikido Party at the dojo: please contribute food (drinks are available at the bar)
SUN 11.00–13.00	Aikido

No weapons required.

Jan Nevelius shihan is a senior student of Endo shihan and Tissier shihan, he also studied in Japan under the late Yamaguchi shihan for several years.

His Aikido emphasizes deep connection, freedom of movement, and soft ukemi.

In addition to Aikido, Jan practises reiki and qiqong. He is the author of „Vaken vila“, a book on mindfulness.

Jan is 7th dan Aikikai and teaches at Vanadis Aikido-klubb, Stockholm.

More information: <https://vanadis-aikido.se>

Please register via this link:
<https://aikido-oberursel.de/jan2020>

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

Bad Homburg and Oberursel are neighbouring cities, both 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. 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 details and alternative accommodation options.

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

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.