

**SONJA SAUER**

**27-29**

**November**

**2020**



 aikido oberursel

You must register for this seminar, as we might be forced to limit participation! +++ Please check our website shortly before the date for possible changes of locations and participation conditions!

# SONJA SAUER

## Aikido Seminar 27–29 November 2020

FRI @ LLS  
19.30–21.00     **Aikido**  
From 21.45     Pub visit depends on COVID situation

SAT  
10.30–12.30     **Aikido**  
From 13.15     Pizza order to venue  
16.00–18.00     **Aikido**  
From 19.00     Party depends on COVID situation

SUN  
11.00–13.00     **Aikido**

No weapons required.

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: <https://aikidoimhof.de>

Please register via this link:  
<https://aikido-oberursel.de/sonja2020>

### Locations:

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

SAT & SUN – club house of TV Weiskirchen (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>

### Corona Regulations:

We apologise that due to the COVID situation, **we cannot offer you to stay at the dojo over night!** Please check the „Location“ page on our website for alternative accommodation options.

**Changing rooms** and **showers** at the TVW club house **are closed** – if possible come dressed in your gi. We will set up a changing area behind the curtains on the stage.

Remember to **bring your mask** and check for the latest COVID regulations!

### Fees:

Full seminar 60 € (students etc. 40 €)  
3 classes 50 € / 2 classes 35 € / 1 class 20 €

*Participants should have practised aikido for at least 2–3 months. Admission is from age 14.*

### Contact & Registration:

[dojo@aikido-oberursel.de](mailto: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 Weiskirchen/Ts. e.V. sports club.  
We are a non-profit organisation, so all proceedings are used to cover the costs and to reimburse the teacher.