

KINNEWYEARINTENSIVE

Ki Aikido Dojo Rodgau - 30.12.2019 - 1.1.2020



We would like to invite you to our traditional 17th New Year Seminar! Practicing meditation, Ki-breathing, Ki-exercises and Ki-Tests together, we will explore, experience and simply be in oneness of mind and body and oneness with the universe... This is for us the most beautiful way to let go of the old year and ring in the new year (which we will do literally with Sokushin-no-Gyo / Bell-Misogi through the actual year change at midnight).

This seminar is suitable to everyone, regardless of previous experience in this practice. Please bring loose-fitting training clothes (long pants, T-shirt and sweater), warm socks, notepad and pen, and if available your own sitting bench or cushion (in our Dojo there are only a few benches, cushions and chairs).

Teacher: Olaf T. Schubert (4. Dan, Chuden)

Class Times: Monday 30.12.: 13–15 & 16–18
Tuesday 31.12.: 10–12 & 14–16 & 17–19 & 23:40–0:20 Sokushin-no-Gyo
Wednesday 1.1.: 11–13

Maximum number of participants: 12

Seminar fee: 80 € (after 31.10.19: 90 €) including most meals. One class: 15 €

Accommodation: Visitors can sleep in the dojo (please bring your mattress and sleeping bag).

Meals: During the breaks we will have coffee/tea/cake on 30. and 31. in the afternoons, on 31. at lunchtime soup and bread, and on 31. and 1. breakfast (these are included in the seminar fee). On 30. evening we will go to a local restaurant. On 31., the evening buffet will be prepared by all participants... we cook some dishes, and you can also bring prepared dishes like potato salad, pickles, chips, wine... there is a refrigerator available. Most drinks will be provided by the dojo, please also bring what you would like to share...

Registration: Please register as early as possible... per phone +49 176-30730607 or email to info@ki-aikido-rodgau.de

Access: Across the bank „Volksbank“ at the main street „Hauptstrasse“ in Rodgau-Weiskirchen there is a small lane leading into the backyards... in the backyard of „Hauptstrasse 125b“ you will find our Ki Aikido Dojo Rodgau. Please park your car in the neighboring streets and enter only on foot, there is no parking available in this lane.

Address: Hauptstrasse 125b, 63110 Rodgau-Weiskirchen, Germany.