

KIINTENSIVEWEEKEND

at seminar hotel „Wachtküppel“, Rhön/Germany

16.-17. March 2019



We would like to invite all of you to our 11th Ki Intensive Weekend at „Waldgasthof Wachtküppel“ in the beautiful Rhön mountains. Here we will immerse ourselves for two days into intensive practice, have a great time together, and not to forget enjoy the wonderful food. For practice we will use the beautiful seminar room with its heated wooden floor.

This weekend we will explore Ki-Aikido as a path inwards, towards our true self, and so realizing our innate oneness with the universe. Various forms of meditation, Ki-breathing, Ki-exercises and Ki-tests will help us on our journey inwards - and on the other hand will show us the applications in our Ki-Aikido practice as well as in our daily lives...

Please bring comfortable clothing suitable for this kind of training (long pants, T-shirt and sweater), thick socks, a notebook and your meditation bench or cushion.

Teacher: Olaf Schubert, 4th Dan, Chuden

Training: Saturday 10 – 19 (with breaks)
Sunday 10 – 16 (with breaks)

Maximum enrolment: 16

Seminar fee: regular 60€ / reduced 50€
(late registration after 31.01.19: 70€/60€)

Hotel: At the seminar hotel there are 8 double rooms and 2 single rooms (all rooms with the possibility for

an additional kids mattress). The price for full board is 56,50€ (incl. lunch/dinner on Sat. and breakfast on Sun.) - the lunch on Sunday we be paid extra. Kids on extra mattresses pay less. The reservation of your accommodation at the seminar hotel will be handled centrally by Ki Aikido Dojo Rodgau, but you will need to pay for accommodation and meals at the seminar hotel in cash.

Meals: vegetarian full board with table service by our group.

Registration: Fill in your name in the list hanging in our Dojo, or email to info@ki-aikido-rodgau.de, **by 31.01.2019**. Please wait for our registration confirmation before you wire the seminar fee. Registration is only fully made with payment. For participants from other dojos - wiring details will be emailed to you with our registration confirmation.

Photo/Video: At the seminar we will take photos for promotion purposes. With your registration you agree that we can use your image on websites, social media, and video platforms like youtube.

Directions: Address for your Navi: Steinbruch 1, 36129 Gersfeld/Rhön, Tel. +49 (0) 66 54 - 323.

Have a safe trip, and a great Intensive weekend!