

CRISSOLO

(Valle Po, sul monte Monviso) - IT Piemonte 1400 mt s.l.m.

Summer Seminar 2023

AIKIDO & MISOGI

August 1 – August 12, 2023



Bruno Maule Shihan

CSEN National Referent for the AIKIDO
CSEN AIKIDO National Trainer



Seminar shared with other Masters

The seminar is open to all as long as they are regularly registered.

The presence constitutes Institutional Training Activity

For information:

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Dojo Ronin Ki Aikido Novara



PROGRAM

Tuesday, August 1	Welcome to the CITTA' SUL MONTE from 2.00 pm
Wednesday, August 2	Start of the seminar at 7.00 am
Friday, August 11	End of the seminar at 1.00 pm
Saturday, August 12	Leave the room free by 9.30 am

During the seminar there will be an examination session.

ADULT PRACTICE: *MISOGI* from 7.00 am to 8.00 am
AIKIDO / WEAPONS from 8.30 am to 1.00 pm

Bring bokken, jo and tanto.

Every participant must be privately insured against possible accidents.

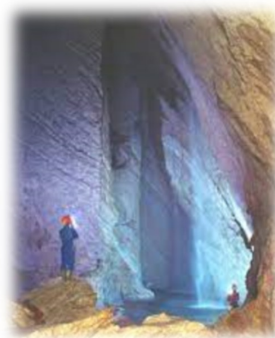
ACCOMMODATION: La Città sul Monte - Crissolo (CN)

MEALS: Breakfast at 8.00 am
 Lunch at 1.30 pm
 Dinner at 7.30 pm

Vegetarian and vegan menu on request



PARCO AVVENTURA



GROTTA di RIO MARTINO

Rooms: 2 to 12 people. The house provides sheets and blankets. **Bring your own towels.**

Toilets on the floors, with showers; hot water. Reserved parking. Two large dining rooms. Bar with TV and VCR. Possibility of video projections, sound system. Equipped games room. Large multipurpose courtyard with porch, volleyball court and 7-a-side football field. Collaboration in the dining room is welcome to clear the tables.

LEISURE: Volleyball, table football, table tennis, board games

ESCURSIONS: Pian del Re lakes (2020m)
 The Rio Martino cave (1530m)
 Balma Boves Sanfront (16 km from Crissolo)

You can also: visit the ancient village of Crissolo, the village Borgo, Ostana (included in the list of The most beautiful villages in Italy), take walks along the Po, along the woods, to the sanctuary of San Chiaffredo, at Pian della Regina (1714m), Pian del Re (2020m), Lago Fiorenza (2113m), Il Buco di Viso (in French Tunnel de la Traversette)...

We recommend: boots, anorak, sweater and headlamp.

Who does not want to stay in the structure can find accommodation at the hotels located in Crissolo.
 For information: Tourist Office, Crissolo – cellphone +39 329 210 7681

Reservations by July 15, 2023 (LIMITED PLACES).



AIKIDO



ARMI



MISOGI

AIKIDO

Crissolo Summer Seminar 2023

From 1st to 12th August

ADULTS:

Seminar + full board + tourist tax € 651,00

Seminar only:

complete € 150.00

daily € 40.00

Misogi : 7.00am / 8.00am

Daily ticket €15.00

Full board + tourist tax

€ 495.00 for the entire period + € 6.00 tourist tax

daily € 45.00 + tourist tax € 1.00

children: up to 4 years free