

**Aikido
Seminar
at
Dojo am Fluss
18. - 19.11.2023**

with
Heike Howein

info & registration

Heike Howein
+49 (0)1520 / 435 80 45
aikido@dojo-am-fluss.de



Schedule: Sa 11:00 – 13:00
14:00 – 18:00
with break and exams

So 10:00 – 13:00

Cost: 40 €

Place: Dojo am Fluss
Kleinreuther Weg 68
90408 Nürnberg

Registration: until 11.11.2023

Topic:
stability and flexibility
in contact and in flow
exercises for rolling and falling
communication & Ki test

There is time and space to
address individual questions

Sleeping in the Dojo is possible
Participation is at own risk,