
Aikido Seminar

Focus and Contact in Flow



September 7 – 8, 2024

Thalea Koithan and Moa Lindell, Aikikai Sweden



Thalea Koithan, 3. Dan

started her aikido practice in 2004 in Lunds Aikido Club, Sweden. She teaches adults and beginners.

Thalea is strongly inspired by the seniors in Lund and travels frequently to seminars to extend her insight and to connect with various teachers and groups.

Her current interest is the dynamic interplay between structure, relaxation and extension.

Moa Lindell, 4.Dan

started training in 2001 in Lunds Aikido Club Sweden, where she since 2008 has been teaching adults, beginners and youth.

She draws inspiration from seminars in Sweden and abroad from different teachers and her friends in Lunds Aikido club, who with their energy and joy on the mat offer challenges and provide insights in the daily training. At the moment, the combination of stability and movement, stillness and flow, is what seems most intriguing to her in practice and teaching.

TRAINING:

Saturday 10:00 – 13:00

14:00 – 17:00

Sunday 09:00 – 12:00

13:00 - 15:00

COSTS: CHF 100.-

REGISTRATION:

info@kokorodojo.ch

ACCOMODATION

It is possible to sleep at our dojo; as far as possible we can also arrange private stays. Please indicate your wishes when registering.

VENUE:

Stadtoase

Tobelhofstrasse 21

8044 Zürich

by public transport:

nearest tram stop is Susenbergstrasse (22min. from main station).

by car: parking garage nearby.

Please bring Bokken and Jo! Insurance to be organised individually.
