



Lewis Bernaldo de Quiros Sensei, 6. Dan

We will cover many aspects of Takemusu Aikido as taught by the late Morihiro Saito Sensei:

- The fundamentals of body posture and movement and the importance of suburi practice in this respect.
- A strong focus on the principles of interaction and connection in Aikido.
- The relationships between basic training forms and more advanced variations and applied forms.

Join us in this immersion residential retreat in the Swiss mountains to explore the many facets of this art!



Daily schedule:

6:30 - 6:50: meditation
7:00 - 8:00: weapons training
10:30- 12:30: class
15:30 - 17:30: class
17:40 - 18:00: meditation
21:00 - 22:00: free training

Venue:

Ferienhaus Rossfall is a beautiful retreat center at the foot of 2'500m Säntis in the Swiss alps.
www.ferienhaus-rossfall.ch/

Fee: 650 CHF

incl. full board and accommodation in 4-5-bed-rooms with shower.

Registration:

kokorodojo.ch/summercamp-2024



TRADITIONAL
AIKIDO EUROPE

Start: Monday 15th, 4pm
End: Saturday 20th, 1pm
See you there!

