

Crissolo

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

SUMMER SEMINAR

AIKIDO e MISOGI

28th July - 6th August 2018

With



SHIHAN BRUNO MAULE 8th Dan

CSEN National Referent for AIKIDO

The seminar is open to everyone.

Associazione Atletica Ki Aikido Italia a.s.d.



PROGRAM: Saturday, July 28 Welcome to the CITY 'SUL MONTE from 14:00
Sunday, July 29 Start of the seminar at 7:00 am
Sunday, August 4th End of the seminar at 1:00 pm
Monday 6th August Leave the room free by 9.30am

ADULT PRACTICE: *MISOGI* from 7.00am to 8.00am
AIKIDO / ARMI from 8:30 am to 1:00 pm

CHILDREN PRACTICE: *AIKIDO* from 9:30 am to 11:30 am

Bring Bokken, Jo and Tanto.

Every participant must be privately insured against possible accidents.

ACCOMMODATION: La Città sul Monte - Crissolo (CN)

VITTO: Breakfast at 8:00
Lunch at 1.30pm
Dinner at 19:30

Vegetarian and vegan menu on request.



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

Floor services, with showers; hot water. Reserved parking. Two large dining rooms. Bar with TV and VCR. Possibility of video projections, sound diffusion system. Games room equipped. Large multipurpose courtyard with portico, 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

EXCURSIONS: Pian del Re lakes (m 2020)
The Rio Martino cave (m 1530)
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 (1714 m), at the Monte Tivoli (1791 m)

We recommend: boots, anorak, sweater

Reservations by 30 June 2018.

Who does not want to stay in the structure can find accommodation at the hotels located in Crissolo.

For information: Tourist Office - Crissolo cell. +39 329 210 7681

FOR INFORMATION ON COSTS AND INSCRIPTIONS IN ITALIAN:

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