

# Breathing & Misogi

## Online Seminar

16. – 18. 10.2020

### Info & Registration

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

### Schedule:

Friday, 16<sup>th</sup> October 2020

19:00 – 21:30

Saturday, 17<sup>th</sup> October 2020

7:00 – 10:00 & 18:00 – 20:30

Sunday, 18<sup>th</sup> October 2020

7:00 – 10:00 & 18:00 – 20:30

### Cost:

40 Euro

### Location:

Your choice ;-)

We will practice different exercises to improve breathing, added by lessons in 'Awareness Through Movement' (Feldenkrais method, I'm in the last year of the training, allowed to teach). And of course we will do misogi, silent misogi, a neighborhood- and housemate-friendly form.

The online seminar will be held via zoom. To participate you will need a reasonable internet connection and a device (laptop, tablet smartphone).

I recommend that you have a room where you are undisturbed, with space enough to practice Ki Taiso.

Please register until (latest)  
5.10.2020

the number of  
participants is limited.

Please feel free to contact  
me if you have any question.