



aikido dojo infinity moves e.V.

Aikido Workshop

05. - 07. May 2023

with

Iris Scanlon - Mülheim/Ruhr

Klaus Hess - Heidelberg

Roland Klimpel - Berlin

Training venue:

Sports hall of the Waldorf School,
Blumendeller Str. 29
45472 Mülheim an der Ruhr

Participants:

Aikidoka of all ages are welcome.

Arrival and stay:

Arrival on Fri. 5.5. in the afternoon.
Laying the mats together is desired.
Overnight accommodation is possible
privately and in the Bodhi Dojo.

Please register in good time
Limited space!

Registration deadline 30. 04. 2023

Friday, 5.5.2023

16:00 start laying mats , **training sessions:**
17:30 - 19:00 Aikido; 19:15 - 20:00 Feldenkrais

Saturday, 6.5.2023 - training sessions:

09:00 - 10:30 Aikido
10:40 - 11:40 Jo, Bokken, Tanto
13:30 - 15:00 Aikido; 15:30 - 17:00 Aikido
at noon: common mat picnic
later: evening walk along the Ruhr, followed by
meet & eat in the garden

Sunday, 7.5.2023 - training sessions:

10:00 - 11:30 Aikido
12:00 - 13:00 Jo, Bokken, Tanto

Contact & registration:

Fon: 0160 96816491

email: aikido.dojo@infinitymoves.de

costs	adult	student	teen	Kids –14 y.
weekend	60 €	40 €	30 €	20 €
Sat. or Sun.	40 €	30€	20 €	15 €