

Registration:

Polizeisportverein Berlin e.V.
Department Budo / Aikido
c/o Ingolf Malik
Pauline-Staegemann-Str. 1, 10249 Berlin

I hereby register bindingly for the Aikido Winter Camp 2025.

Name:

Street:

Zip code, city:

Telephone:

Email:

Course Friday to Sunday (210,- €)

External accommodation

Room neighbor request:

I come by car: Yes No

I can take..... people with me.

Date, signature:

.....
.....

We would like to invite you to the Aikido Winter Camp in Lindow

from 24.-26.01.2025

The Aikido Winter Camp takes place in the SBZ Lindow.

Address: Lindow Sports and Education Centre

Granseer Str. 10, 16835 Lindow (Mark)

<http://www.sb-lindow.de>

The price of 210 € includes overnight stays in a twin room, full board, sauna and sports facility use worth 160 €, as well as the course fee of 50 €.

Please transfer the participation fee to the account of:

Ingolf Malik

IBAN: DE97 1007 0324 0451 0558 00

BIC: DEUTDEDBXXX

Important:

The registration is only effective after the transfer of the entire amount by 12.11.2024 at the latest. The available places in the Lindow SBZ will be allocated in the order in which the money is received. Once all places have been taken, there is the possibility of self-organised accommodation (pension, etc.). In the event of a withdrawal by individual persons, cancellation fees will be charged, depending on the time.

If not enough people have registered by 01.11.2024, the seminar will not take place.

Please also note the legal information on the back!

Further information:

This is not a beginner's course; Basic knowledge of Ki-Aikido should be available. In addition to the Ki Aikido lessons, Feldenkrais lessons are also offered. The lessons are selected in such a way that you will find the movements not only in everyday life, but also in the Aikido lessons. So those who don't practice Aikido can benefit from it just as much as the Aikidoka!

It would be nice if carpools could be formed for the arrival and departure. A list for self-organization will be sent to the participants in advance. We meet at 5:15 p.m. on Friday to set up the mats. Of course, it is also possible to join later. The Aikido winter camp ends with a joint lunch on Sunday. You can find the schedule on the back of this sheet. Vegetarian food is available and does not need to be pre-ordered separately. You can get up-to-date information via your e-mail address or via the website:

<http://www.psv-aikido-berlin.de>



If you have any questions, please contact Ingolf at: lindow@kilam.de or 004930 95996617

Schedule Aikido Winterlager 2025

Changes are of course possible

Friday	Saturday	Sunday
	7:00 – 7:45	7:00 – 7:45
	Meditation	Meditation
	8:00	8:00
	Breakfast	Breakfast
	9:00 – 9:45	9:00 – 9:45
	Feldenkrais	Feldenkrais
	10:00 – 11:30	10:00 – 11:00
	Aikido	Aikido
	11:40 – 12:40	11:15 – 12:15
	Aikido	Aikido
	13:00	13:00
	Lunch	Lunch
from 17:00	Check in	14:00
from 17:15	Laying Tatami	Good bye
18:00 – 19:30	Aikido	
ca. 19:45	Supper	
20:50 – 21:35	Feldenkrais	

Legal aspects are a must be: The seminar is organized by PSV Berlin e.V. Neither Ingolf Malik, as the organizer, nor Roland Klimpel, as the instructor, will become contractual partners of the participant. The organizer assumes no liability for damages of any kind, unless they are based on intent or gross negligence. The organizer does not guarantee that the training will be led by a specific person. If the organizer is unable to offer the training through no fault of his own, only the part of the participation fee that the organizer himself saves will be refunded. In particular, but not conclusively, this excludes the costs of the Lindow SBZ.

And some more prose: Lindow, which is very beautifully situated in its landscape, is a good hour's drive north of Berlin. The sports and education centre is located directly on the romantic Wutzsee, whose shores invite you to run and walk. The sports centre has a number of leisure activities such as bowling, billiards, fitness room, barbecue, boat rental, sauna and an indoor swimming pool. Rheinsberg with its beautiful castle is about 15 km away.

Further information about Lindow at:

<http://www.lindow-mark.de>

合気道

Aikido Winterlager

with Roland Klimpel (6. Dan)

24.-26.01.2025

in Lindow (Mark)