

**Aikido
seminar
in
Nürnberg
7. - 9.2.2025**

**with
Jacob Aremark**

info & registration

Heike Howein
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schedule: Fri 18:30 ~ 20:30
Sat 08:45 ~ 09:45
11:00 ~ 13:00
14:30 ~ 16:30
16:45 ~ 18:30

Sun 10:00 ~ 12:30

fee: 70 Euro (seminar)
15 Euro (one unit)

location: Mushin-Aiki-Dojo
Frühlingstraße 17
90431 Nürnberg

registration: until 18.1.2025



Jacob is practicing and studying Japanese martial art for almost all his life – the last 25 years Aikido. He has a master's degree in philosophy, specialised in the deeper philosophical theories of body consciousness and he is author of the book „Kroppens indre landskaber“ (Inner landscapes of the body). Jacob's fundamental knowledge and experience in martial arts, in the potential of our bodies and in movement, paired with a profound philosophical background, will give us new insights in our Aikido art.

We look forward to meeting you on the Tatami!