

Ki & Aikido with Rainer Varis and Timo Hautoniemi

Helsinki, Finland, 21 March 2026

The seminar day is to celebrate the two sensei who are turning seventy around the same time. Both sensei started training in the early 1970s and are leading figures in their fields.

Training between 14:00 and 18:00, with small breaks. Social gathering afterwards.

Price: 25 €

Location: Vellamonkatu 30B, 00550 Helsinki, <https://maps.app.goo.gl/Da14EAVhN13yxCFi8>

For those who arrive early there is a possibility for training on Friday evening. It is possible to overnight at the dojo.



Photo: Kimmo Räisänen, Ähtäri, 2008

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