



# Misogi

with Vera Smitt

**15<sup>th</sup> May 2026 - 17<sup>th</sup> May 2026**

Friday (5 p.m.) - Sunday (est. 3 p.m.)

The common way we practice misogi is the way a samurai developed for his young students. Hard practice in short time.....

We will practice Misogi for more days in a calmer way, respecting the basic breathing rhythm, closer to the old way, when people did Misogi in a more chanting way for weeks.

We will practice Misogi with bell and Bokken inside the dojo and outside in the garden.



The Misogi practice will be combined with meditation and traditional walking exercises. Garden work is also a part of misogi practice and living together.

The number of participants is limited to 8 people, so that everyone has space while living together..

During our misogi time in Peusenhof we don't use money. We come together, practice together, live together and you bring some food.

location: Germany, northern bavaria, close to the world cultural heritage city Bamberg (address: Peusenhof 2 ½, 96250 Ebensfeld)

number of participants: max. 8, the spaces will be assigned in order of registration

prerequisites for attending: good health condition, ready for disciplined misogi-practice for hours

You take part in this seminar on your own risk. You take full responsibility for any damage you might cause to yourself, others or things.

**You will live together in a house which is completely dedicated to Misogi.**

It is a timber work house, where we used different ecological building materials.

Dojo, kitchen, living space and bathroom are located on the ground floor.

The dormitory with good mattresses, space to sleep and keep your personal things, is located in the upper floor.

*The only cure for materialism is the cleansing of the senses. If the senses are clogged, one's perception is stifled. The more it is stifled, the more contaminated the senses become. This creates disorder in one's life and, consequently, throughout the entire world. And that is the greatest evil of all. In order to protect the world, we must first rid ourselves of defilements.*

O-Sensei Morihei Ueshiba

**For further information, questions about the seminar or Misogi practice, and to register, please contact me:**

Please register by April 25, 2026, at the latest.

Early registration facilitates planning.

Vera Smitt (5th Dan) / Ki Aikido Sakura (Kyodotai)

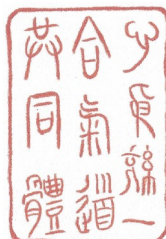
**Email: [info@jaguarwoman.de](mailto:info@jaguarwoman.de)**

**Phone: 0049 -(0)911-7417812**

Seminar participants will receive further information one week before the seminar.

How to get there: Take the train to ZAPFENDORF station (we can pick you up there) or drive directly to Peusenhof.

If you are arriving by plane, Nuremberg is the nearest airport (from there it takes about 1.5 hours by subway and train to Zapfendorf).



Kyodotai

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