

**Ki, Aikido und Gesundheit Wien**

Invitation – all welcome!

## **Seminar – 23.-24.09.17, VIENNA**

with

# **shihan Bernhard Boll (5<sup>th</sup> Dan)**

**(Ki-Aikido – shin-shin-toitsu-do)**

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**Location: Diefenbachgasse 46, 1150 Vienna**  
(Garuda Warrior Academy)

**Directions:** 2 minutes walk from the stations U4 Meidling and U6 Längenfeldgasse and reachable by Bus (lines 9A, 10A, 12A, 15A, 57A, 63A). Car parking possible and free on weekends.

### **Sa. 23.9**

10-12	Aikido (all)
12-13	Aikido (advanced)
16-18	Aikido (all)
18-19	Aikido (advanced)

### **Su. 24.9**

9.30-10.30	Misogi (all) <i>Tea break</i>
10.30-12.30	Aikido (all)
12.30-13.30	Aikido (advanced)
14h	<i>Lunch and excursion</i>

### **Fees:**

Whole Seminar: 30€ / 40€ (advanced)

Saturday or Sunday only: €20 / €25 (advanced)

Reduction for students and on request.

### **Info and Contact:**

Sleeping in dojo may be possible if necessary.

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