

# Aikido Summer Camp in Switzerland

15. - 20. July 2019

with  
**Lewis Bernaldo de Quiros Sensei, 6. Dan**  
**Traditional Aikido Europe**

We will cover many aspects of Takemusu Aikido as taught by the late Morihiro Saito Sensei:

- The fundamentals of body posture and movement and the importance of suburi practice in this respect.
- A strong focus on the principles of interaction and connection in Aikido.
- The relationships between basic training forms and more advanced variations and applied forms.

Join us in this immersion residential retreat in the Swiss mountains to explore the many facets of this art!



### Daily schedule:

6:30 - 6:50: meditation  
7:00 - 8:00: weapons training  
10:30- 12:30: class  
15:30 - 17:30: class  
17:40 - 18:00: meditation  
21:00 - 22:00: free training

### Venue:

Ferienhaus Rossfall is a beautiful retreat center at the foot of 2'500m Säntis in the Swiss alps.  
[www.ferienhaus-rossfall.ch/](http://www.ferienhaus-rossfall.ch/)

### Fee: 600 Euro

incl. full board and accommodation in 4-6-bed-rooms with shower.

### Registration:

[kokorodojo.ch/events/summer-camp-2019/](http://kokorodojo.ch/events/summer-camp-2019/)



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**Start:** Monday 15th, 4pm

**End:** Saturday 20th, 1pm

**See you there!**



Kokoro Dojo  
TRADITIONAL AIKIDO