

心身統一合氣道

ASSOCIAZIONE TICINESE KI AIKIDO BALERNA

AIKIDO SEMINAR February, 23rd - 24th, 2019

Shihan Maurizio Volpe, 7° Dan
Shihan Gianni Gioconto, 8° Dan

CH – Balerna, palestra comunale, Via San Gottardo 90a
(written permission for free parking available in the dojo)

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|----------|------------------|---------------|----------------|
| Saturday | 23 rd | 15.00 - 19.00 | Aikido for all |
| Sunday | 24 th | 9.00 - 12.00 | Aikido for all |

COSTS

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|------------------|-------------|---------------|
| Complete seminar | adults € 30 | students € 20 |
| Only saturday | adults € 20 | students € 15 |
| Only sunday | adults € 15 | students € 10 |

Please reserve for meals and accommodation before February 18th

dinner at Saturday in the dojo (offered by Aikido Balerna)

lunch at Sunday at Osteria La Montanara, Monte (Valle di Muggio)

www.osteria.lamontanara.ch

Menu: Swiss Cheese Fondue (drinks extra)

CHF 25/€ 22, payment in cash only

accommodation c/o Osteria La Montanara, Monte (Valle di Muggio)

single room CHF 50, € 45

double room CHF 80, € 70

breakfast CHF 8, € 7

Informations and reservations segreteria@aikido-balerna.ch tel 0041 (0)79 5615937



www.aikido-balerna.ch



www.kiaikido.ch