

JULY 2023
AIKIDO SEMINAR IN GREECE WITH
MARTIN GRUBER SHIHAN & THOMAS WITTY SHIHAN
6th DAN AIKIKAI



DATE: 12-16.07.2023

SCHEDULE:

WEDNESDAY 12.07

21:00 MEETING, INFORMATION, DINNER

THURSDAY 13.07

08:00 BREAKFAST
10:00-11:30 TRAINING
11:30-12:00 FREE PRACTICE
14:00 LUNCH
18:30-20:00 TRAINING
21:00 DINNER

FRIDAY 14.07

07:00- 7:45 PILATES SESSION BY COSTAS
08:00 BREAKFAST
10:00-11:30 TRAINING
11:30-12:00 FREE PRACTICE
14:00 LUNCH
18:30-20:00 TRAINING
21:00 DINNER

SATURDAY 15.07

08:00 BREAKFAST
10:00-11:30 TRAINING

11:30-12:00 FREE PRACTICE
13:00 LUNCH
14:30-17:00 GROUP BODYWORK SESSION
WITH EXCHANGE BY COSTAS
18:00-19:30 TRAINING
19:45-20:15 EXAMS
21:00 DINNER, NIGHT PARTY

SUNDAY 16.07

08:30 BREAKFAST
10:00-11:30 TRAINING-TREATMENT
3.00 DEPARTURE (FOR THOSE WHO DESIRE THERE

WILL BE A VISIT TO THE BEACH AND LUNCH)

SEMINAR HOURS: 10,5HOURS TOTAL

SEMINAR COST: 130€ TOTAL

STAYING: 220€ IN GUESTHOUSE WITH FULL MENU

180€ IN TENT OR DOJO WITH FULL MENU
(WE CAN PROVIDE YOU A TENT AND A
SLEEPING BAG AFTER EARLIER CONTACT)

LOCATION: RE-GREEN ECO-CULTURE CENTER, SELIANA,
AHAIA-PLEASE VISIT THIS LINK FOR
ACCURATE LOCATION [https://re-
green.gr/contact-2/](https://re-green.gr/contact-2/)-(THERE IS ALSO THE
POSSIBILITY TO REACH THE LOCATION BY
CAR WITH A KENWAKAI DOJO MEMBER OR
A TAXI. PLEASE, CONTACT US IN
ADVANCE!!!!!!)

MORE INFORMATION: DAMALOU EVGENIA +30 694 3932091
eugeniadam1@hotmail.com

EXTRAS: RE-GREEN ECO-CULTURE CENTER ALSO PROVIDES SWIMMING IN A WATERFALL, TEMAZSCAL (INDIAN TYPE SAUNA) AND SOME MINI-SEMINARS ABOUT NATURAL BUILDING, BOTANOLOGY AND PERMACULTURE THEORY WITHOUT ANY COST.



WE ARE LOOKING FORWARD TO SEEING YOU!

APPLICATION FORM

JULY 2023

**AIKIDO SEMINAR IN GREECE
WITH MARTIN GRUBER SHIHAN & THOMAS WITTY SHIHAN
6THDAN AIKIKAI**

NAME:

E-MAIL:

PHONE NUMBER:

PLEASE COMPLETE WHERE YOU WOULD LIKE TO STAY (GUEST HOUSE WITH FULL MENU PRICE 220€, TENT OR DOJO WITH FULL MENU PRICE 180€):

PLEASE COMPLETE WHETHER YOU ARE INTERESTED IN A MINI-SEMINAR AND WHICH ONE (NATURAL BUILDING, BOTANOLOGY, PERMACULTURE THEORY):

Please complete and send to eugeniadam1@hotmail.com from **15.01.2023-10.07.2023**

SINCE THE PARTICIPANTS NUMBER IS LIMITED PLEASE CHECK FOR AVAILABILITY. RESERVE YOUR PARTICIPATION IN THE SEMINAR BY SENDING US THE APPLICATION OF YOUR FORM AND A COPY OF YOUR FLIGHT TICKET. THANK YOU!

To ensure the safety of all of us, you need to provide us before the start of the seminar a negative rapid covid test or a negative PCR test. Thank you for the understanding.

Participation is at your own risk. Neither organizers nor individuals accept any form of liability.