



International Aikido Seminar
with
Shihan Suga Toshiro, 7. Dan
in Vienna
18th until 20th October 2019

Suga Sensei is one of the most outstanding and precise Aikido teachers in Europe. His indefatigable research for the ideal technique with Jo, Bokken and bare hand characterizes his teaching.

For all those who like to question themselves and improve their personal ability, this seminar offers a great opportunity to work out wholeheartedly in the Buddhist way of being. Moreover, you can benefit from the sensei's direct coaching.

Advanced and beginners are equally welcome.

Please bring your Jo and Bokken.

Location:

Shobukan Dojo, Landstraßer Hauptstraße 146/6, 1030 Vienna,
Entrance left of the Libro shop.

Public transport: subway U3 Kardinal Nagl Platz, bus 74A, tram 71 or 18.

Training:

Friday	19.00 – 20.30
Saturday	10.00 – 13.00
	15.00 – 18.00
Sunday	09.30 – 11.30

Fee:

Whole program: 118 € (100 € reduced,
for students or for workless people)
Saturday and Sunday only: 108 € (90 €)
Per session (60 minutes): 16 €

Social program:

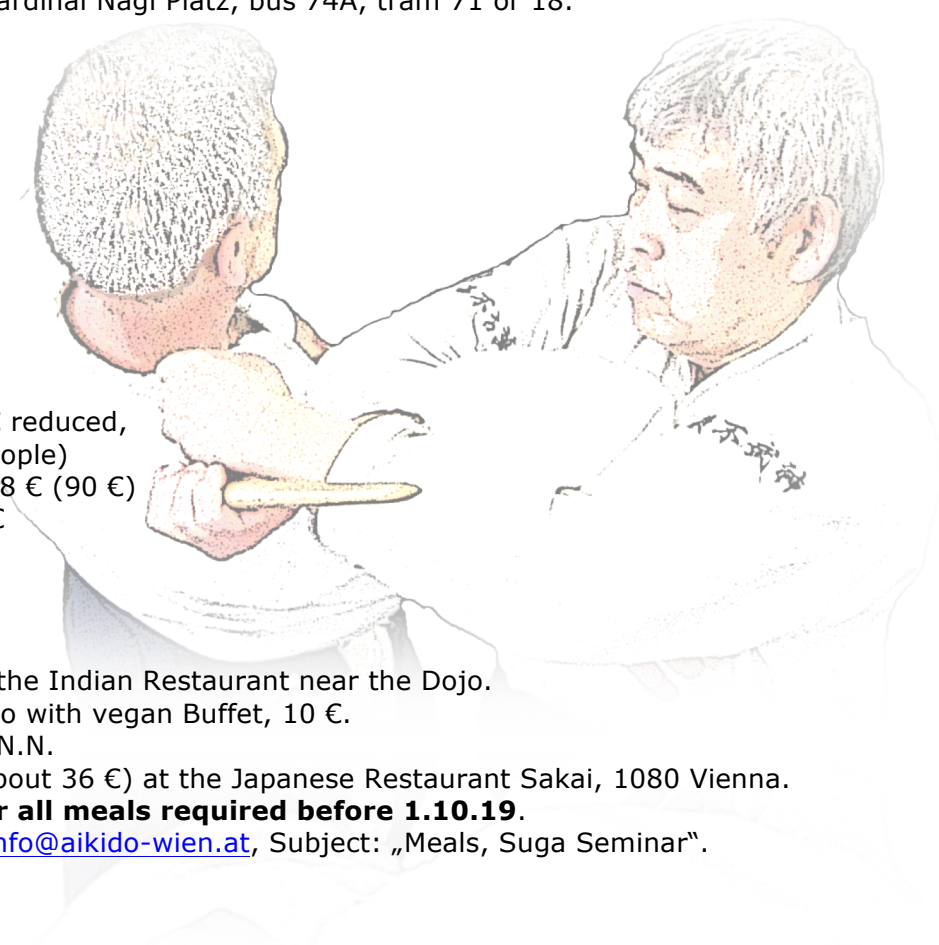
Friday: Social dinner at the Indian Restaurant near the Dojo.

Saturday: Lunch at the Dojo with vegan Buffet, 10 €. Social dinner at N.N.

Sunday: Sushi Brunch (about 36 €) at the Japanese Restaurant Sakai, 1080 Vienna.

Reservation for all meals required before 1.10.19.

Please write to info@aikido-wien.at, Subject: „Meals, Suga Seminar“.



Accommodation:

Private accommodation and pick up from the train station or from the airport can be arranged if you contact us in time.

Hotels near to the Dojo:

Hotel AMEDIA 4*, <http://amediahotels.com/deutsch/Hotels/Wien/Willkommen.html>

Hotel GABRIEL 3*, <http://www.hotel-gabriel.at>

Hostels: Westend City Hostel or Wombat's City Hostels Vienna At The Naschmarkt

Or search with: www.booking.com

Further information:

Shobukan, Karlheinz Reiter, info@aikido-wien.at , 0676 9767520

We are looking forward to welcome you at the seminar.

A handwritten signature in black ink, appearing to read 'Karlheinz Reiter', written in a cursive style.

Karlheinz Reiter, Dojo Leader