

AIKIDO

grand stage d'été



Auray 2008
Aug. 02-08

Daniel TOUTAIN

6^e Dan Japon - Saito Sensei - Iwama Ryu

Centre Gabirel DESHAYES
La chartreuse - 56400 AURAY / FRANCE

Saturday, August 02
14h00 - 16h00 *Welcome*
16h30 - 18h30 *Bukiwaza*
18h45 - 20h45 *Taijutsu*

Sunday 03 -> Friday 08 August
06h30 - 07h30 *Meditation - Suburi (optional, no fee)*
07h30 *Breakfast at the center*
08h30 - 10h30 *Bukiwaza*
10h45 - 12h45 *Taijutsu*
13h00 *Lunch at the center*

Classes: 1 day = 30€ - Full seminar = 200€ / Suggested lodging 1/2 pension = 30€ / day

aikido-france.net
+33 (0)6 21 19 59 63