

SONJA SAUER



8 - 9 November 2014

Aikido Seminar

SONJA SAUER (Duisburg, Germany)

8 - 9 November 2014 in Oberursel, Germany

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Sonja's focus is on the dynamic movements that constitute the language of Aikido, its significance as physical communication and its potential to solve conflicts. Her particular interest lies in the soft ukemi forms.

Sonja started practising Aikido in 2003 with Martin Glutsch, and immediately felt a deep passion for the martial art which has accompanied her ever since. Her most influential teachers today are Jorma Lyly, Jan Nevelius Shihan and Mouliko Halén.

Sonja teaches at „Aikido im Hof“ in Duisburg, Germany. She holds the ranks of 3rd Dan Aikikai Tokyo and 2nd Dan DAB.

More information on Sonja: <http://aikidoimhof.de>

SAT

10.30 – 12.30

16.00 – 18.00

SUN

11.00 – 13.00

Beginners are welcome!

Location:

Aikido Dojo Oberursel
TV 1889 Weisskirchen/Ts. e.V.
Oberurseler Str. 16
61440 Oberursel, Germany

Oberursel is about 20 mins to the North-West of Frankfurt am Main, Germany. How to get there:
<http://aikido-oberursel.de/en/location>

Accommodation:

You may drop your sleeping bag at the dojo. We also have a self-service bar at the dojo that provides drinks at very affordable prices. **Please** get in touch if you arrive on Friday or have special nutrition requirements!

There are a few hotels nearby - please check the „Location“ page on our website for details.

Registration procedure:

- **Please** register via e-mail!
- Short notice participation is possible

Registration contact:

dojo@aikido-oberursel.de
Mobile +49 (172) 86 36 101 (Klaus)
<http://aikido-oberursel.de>

All participants must accept the dojo's Terms & Conditions for seminar participation (see „Terms & Conditions“ page on our website). Upon request a printed version is available. Aikido Oberursel is a department of TV 1889 Weisskirchen/Ts. e.V.