

# MOVEMENT MEETS YOGA

Max Roessner &  
Jochen Kaiser

21 October 2017



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## Workshop with Max Roessner & Jochen Kaiser Saturday, 21 October 2017

10:00 - 11:30    Movement Practice  
11:45 - 13:15    Yoga

15:00 - 16:30    Movement Practice  
16:45 - 18:15    Yoga

For lunch we will order from an Italian delivery service; the club house has a bar with various drinks (drinks are included in the seminar fee).

**The workshop is aimed at anybody who wants to increase their movement options.** No prior experience in a martial art or particular fitness level required.

>> Please register via this link:

<https://aikido-oberursel.de/en/registration?eventID=20171021>

**Max Roessner** has 15 years of experience in the Japanese martial art aikido. Additionally he trains capoeira and „movement practice“ based on the methods developed by Ido Portal and Joseph Bartz. From this combination new insights, exercises and movement forms emerge which broaden the regular training horizon in a complementary way. Max's goal for this workshop is to help the participants discover and enhance their individual movement options.

**Jochen Kaiser** has been practising yoga since 2009. Having learned various styles, he is now following the tradition of T.K.V. Desikachar. He teaches yoga courses and workshops, often for practitioners of sports that he has personal experience in, like triathlon, boxing, aikido and Weng Chun kung fu. Other activities include bicycle trials, kettlebells and Indian club bells. Jochen's goal is to discover the interaction of body, breathing and mind, and to reach better flexibility.

*Workshops are designed to make you gain experience, deepen your skills and exchange with fellow practitioners. The teachers develop a custom-made curriculum for this workshop. Please support us and attend both classes.*

### Location:

TV 1889 Weisskirchen/Ts. e. V.  
Oberurseler Str. 16, 61440 Oberursel, Germany  
(ca. 20 minutes from Frankfurt)  
*Directions:* <https://aikido-oberursel.de/en/location>

### Equipment:

Please bring a **seat cushion** and a **blanket!** The club house has a few **yoga mats** - if you have your own, please bring it with you.

We practise in comfortable sports gear (e.g. jogging pants & sweater).

Please sign up to help us plan.  
Spontaneous participation is also possible.

### Contact:

[dojo@aikido-oberursel.de](mailto:dojo@aikido-oberursel.de)  
Mobile +49 (172) 86 36 101 (Klaus)  
<https://aikido-oberursel.de/en/>

All participants must accept the terms & conditions for seminar participation (see „Terms & Conditions“ page on our website). A printed copy is available at the venue.

Aikido Oberursel is a department of TV 1889 Weisskirchen/Ts. e.V. sports club.

We are a non-profit organisation, so all proceedings are used to cover the costs and to reimburse the teacher.