

SONJA SAUER

5-7

**November
2021**



 aikido oberursel

SONJA SAUER

Aikido Seminar 5–7 November 2021

FRI @ LLS

19.30–21.00

Aikido

From 21.45

Pub visit depends on COVID situation

SAT

10.30–12.30

Aikido

From 13.15

Pizza order to venue if we can't eat out

16.00–18.00

Aikido

From 19.00

Party depends on COVID situation

SUN

11.00–13.00

Aikido

No weapons required.

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 4th Dan Aikikai Tokyo and 2nd Dan DAB.

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

Please register via this link:

<https://aikido-oberursel.de/sonja2021>

Locations:

FRI – gym of Landgraf-Ludwig-Schule (LLS)

Rathausstraße 13

61348 Bad Homburg

SAT & SUN – club house of TV Weißkirchen (TVW)

Oberurseler Straße 16

61440 Oberursel

Bad Homburg and Oberursel are neighbouring cities, both ca. 20 mins from Frankfurt. Guide to both locations:

<https://aikido-oberursel.de/en/location>

Corona Regulations:

We apologise that due to the COVID situation, **it is not possible to stay at the dojo over night!** Please check the „Location“ page on our website for alternative accommodation options.

Remember to **bring your mask** and check for the latest COVID regulations! (Mask not required during class)

„3G“ rule applies: please bring proof that you are vaccinated, recovered, or have been tested immediately before the start of the seminar – otherwise we are obliged by law to deny access to the venue.

Contact:

dojo@aikido-oberursel.de

Mobile +49 (172) 86 36 101 (Klaus)

<https://aikido-oberursel.de/en/contact>

All participants must accept the dojo's 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.