

MOVEMENT PRACTICE

Max Roessner

2 July
2022



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Workshop with Max Roessner Saturday, 2 July 2022

10.30–13.00 Movement Practice
14.30–17.00 Movement Practice

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

For lunch we will order pizza; the club house has a bar.

What is Movement Practice?

Movement Practice is the playful exploration and expansion of movement possibilities, offering groundwork for various sports and healthy movement overall. The basic idea of Movement Practice is to constantly explore new ways of moving in order to avoid one-sided stress and to enable holistic training. The theme of the workshop is „balance & coordination“: exercises and games present participants with fun challenges.

Max Roessner has been intensively training Aikido, Capoeira and Movement Practice based on the teachings of Ido Portal and Joseph Bartz for many years. Their inspirations come from gymnastics, callisthenics, parkour, dance and various martial arts.

Please sign up via this link:
<https://aikido-oberursel.de/max2022>

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>

What to bring:

We practise barefoot in comfortable sports gear; please bring slippers and a change of clothes (we have showers at the club house).

Please sign up under the link above to help us plan!

Contact:

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.