

SONJA SAUER

17–19 March
2023



© aikido oberursel

SONJA SAUER

Aikido Seminar 17–19 March 2023

FRI @ Bad Homburg

19:30–21:00 Aikido
From 21:45 Drinks & food at nearby pub

SAT

10:30–12:30 Aikido
From 13:15 Lunch reservations at nearby restaurant

16.00–18.00 Aikido
From 19.00 Party at the dojo: please contribute food (drinks available at the bar)

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>

Registration required:
<https://aikido-oberursel.de/sonja2023>

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>

Accommodation:

Please check the „**Location**“ page on our website for a collection of accommodation options.

Participation:

Participants should have practised aikido for at least 3–6 months. Admission is from age 14.

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.