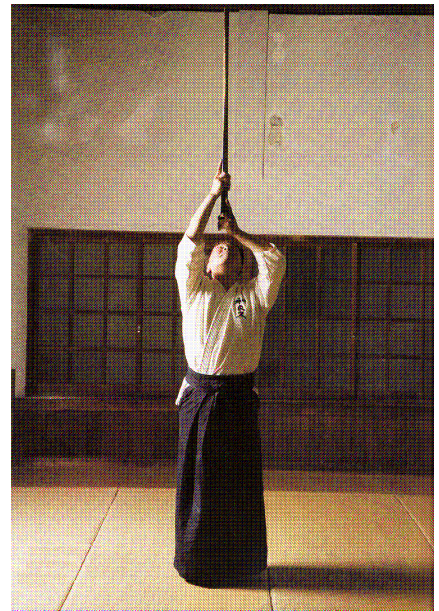




Association Waraku Europa www.waraku.eu

Workshop

23. 04 – 25. 04 2010 in Bern



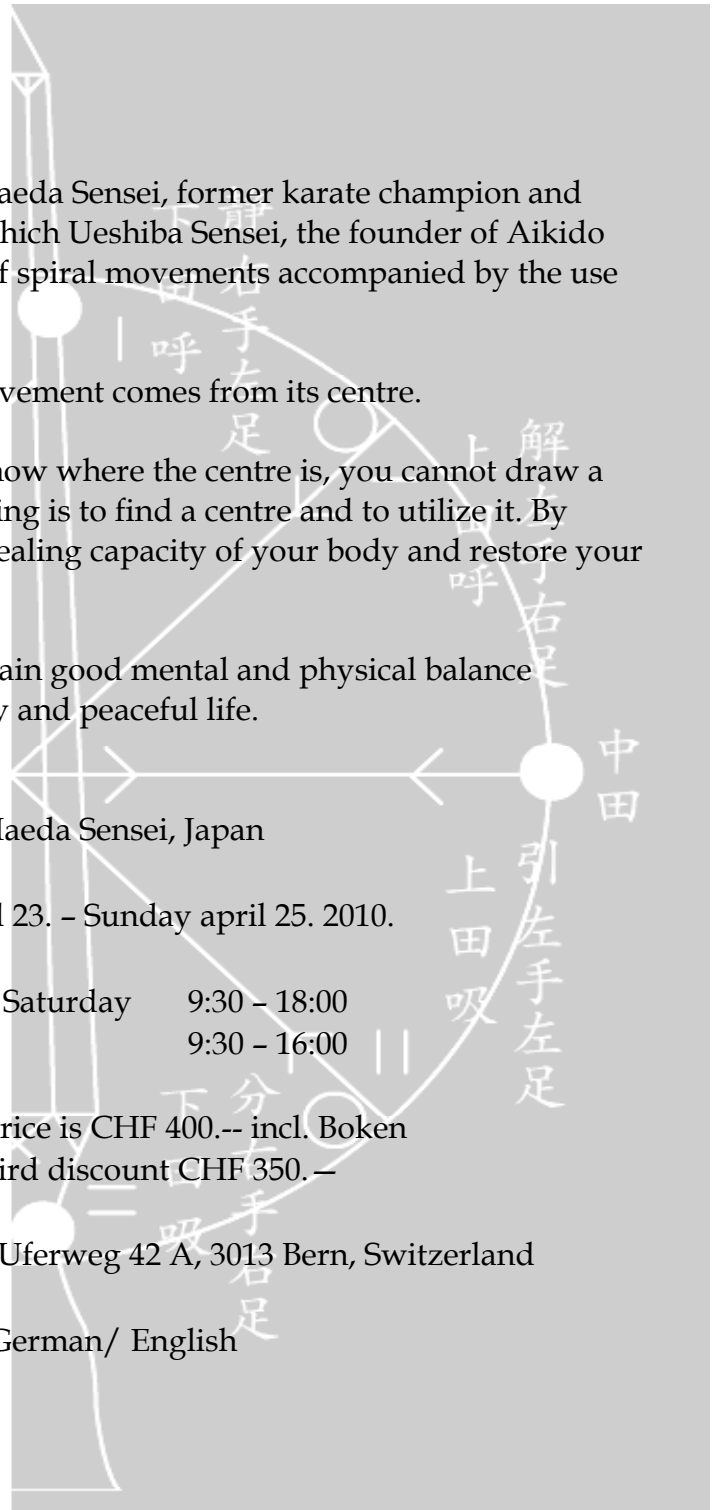
Waraku is a discipline developed by Maeda Sensei, former karate champion and Member of Shinto group Oomoto (of which Ueshiba Sensei, the founder of Aikido also was a member). Waraku consists of spiral movements accompanied by the use of respiration and sounds.

Everything goes smoothly when its movement comes from its centre.

It is like drawing a circle: unless you know where the centre is, you cannot draw a circle. It can be said that 'Waraku' training is to find a centre and to utilize it. By finding a centre, you can increase the healing capacity of your body and restore your mental balance.

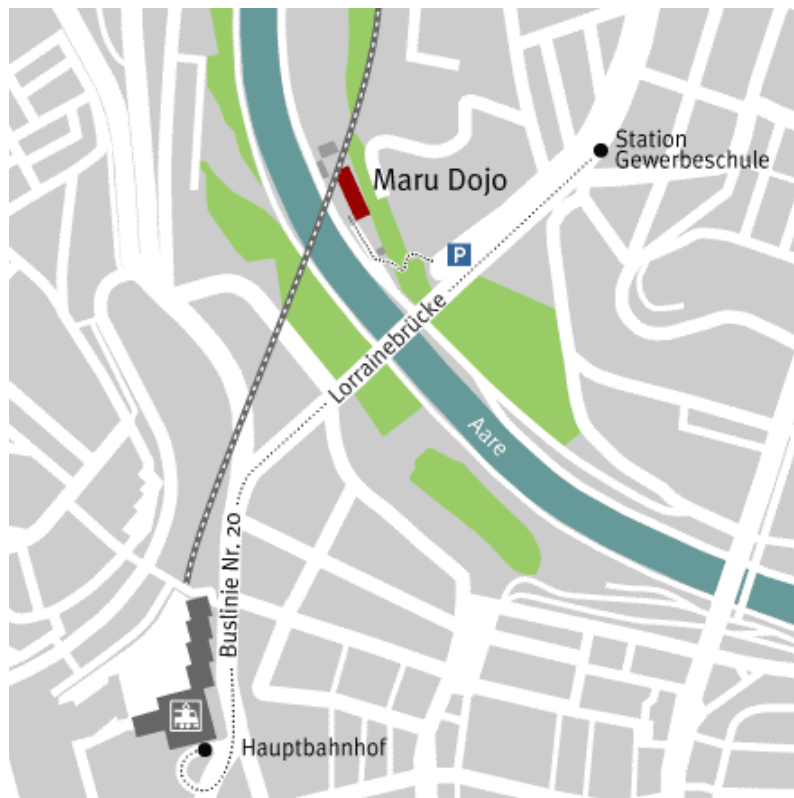
We believe that making the effort to attain good mental and physical balance everyday is the key of gaining a healthy and peaceful life.

Teacher:	Hiramasa Maeda Sensei, Japan
Dates & Times:	Fryday april 23. – Sunday april 25. 2010.
Times:	Fryday und Saturday 9:30 – 18:00 Sunday 9:30 – 16:00
Cost:	the course price is CHF 400.-- incl. Boken with early bird discount CHF 350. –
Location:	Maru Dojo, Uferweg 42 A, 3013 Bern, Switzerland
Language:	Japanese / German/ English





The Maru Dojo is located directly by the river Aare at the Gassner Area. There is no parking space on its ground. Please use the parking lot at the Lorrainebrücke or use public transportation (bus No. 20, stop "Gewerbeschule"). From there its a pathway to the river Aare.



Course material:

- Paper and writing utensils
- light cotton clothing
- socks

Registration

Please register at Daniel Schneitter, Alleeweg 25, 3006 Bern by mail or e-mail to info@shiatsubern.ch

The registration is binding. The responsibility for the insurance is by the participants, any liability is rejected.

The course is limited to 30 participants.

For Accomodation and further questions you can phone Daniel Schneitter at 0041 31 351 38 70, or send an e-mail to info@shiatsubern.ch.



I'm binding register for the following course:

Waraku Course from 23. 04 - 25. 04 2010 in Bern

Name:

Surname::

Adress:

.....

Phone number:

E-Mail:

Place & Date:

Signature:

The fee in the amount of **CHF 400** is payable to the following account

A 150 CHF deposit (non-refundable) will secure your place, final payment of 250 CHF payable on or before 10th Januar 2010.

Early bird discount. One off payment of **CHF 350.--** if paid before **5. Januar 2010**

Daniel Schneitter
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