



## Seminar in Belgium

22 – 25/07/2010



### Hiramasa Maeda

On his first visit to Belgium will be holding a WARAKU seminar from Thursday 22nd July to Sunday 25th July 2010 at the former cloister in Affligem.

Waraku is a discipline that has been developed by Maeda Sensei, former karate champion and today member of the "Oomoto" Shinto community. Another past member of this community was Ueshiba Sensei, founder of Aikido. Waraku is based on spiral movements accompanied by appropriate breathing and on the use of sounds akin to those of many other traditional Japanese arts such as the "Nô" theatre.

The movements are made either with a "bokken" (Tsurugi - the wooden sword) or by using the hands alone. These movements not only generate energy, create harmony and bring about awareness of the "centre" (hara), but also encourage the efficient use and coordination of physical and mental capabilities. Discovering the "centre" may help strengthen the body's healing ability and bring mental well-being.

**Teacher:** Hiramasa Maeda Sensei, Japan

**Date:** From Thursday 22nd July to Sunday 25th July.

**Schedule:** Thursday: meet from 18.00, followed at 20.00 by a shared frugal meal.  
Friday and Saturday: 9.30 to 18.00  
Sunday: 9.30 to 16.00

**Seminar venue, including accomodation:** "Affligem Kluizerij" - Aalstersdreef ,1 1790 Affligem, Belgium.

**Languages spoken:** Japanese, English, Dutch, French, Italian.

**Registration fee:** €420,00, which includes tuition fees, twin bedrooms, all meals and bokken .



**Special requirements:**

- Pen and paper,
- Lightweight loose cotton clothing, preferably white or other very light colours
- White cotton socks

**Contact person**

**Further enquiries and registration:**

**Frank Van Hoof**  
**Liersesteenweg 59**  
**2520 Emblem - Ranst**

**Telephone: +324881533**  
**Mobile: +477874974**  
**e-mail: [frank.vanhoof@telenet.be](mailto:frank.vanhoof@telenet.be)**

Please complete the registration form attached and return it to me by post or e-mail.

Your booking will be considered final after receipt of the 100 euro deposit (non-refundable)

The balance of € 320 is to be paid no later than 30th June 2010.

There is a strict limit of 30 participants.

For further information you are welcome to e-mail or call me.

Participants are required to have individual accident cover. The organiser accepts no liability for accidents. By registering, participants are deemed to have accepted these terms.

**This Seminar has been officially approved by the European Waraku Association**

**[www.waraku.eu](http://www.waraku.eu)**

**and has also received the support of the Belgian Shiatsu Federation.**

**[www.shiatsu.be](http://www.shiatsu.be)**



**REGISTRATION FORM**

**I wish to register for the following course:  
Waraku Seminar with Maeda Sensei  
from 22nd to 25th July 2010 in Affligem, Belgium**

**Surname:** .....

**Given name:** .....

**Full address:** .....

.....

**Telephone:** .....

**Mobile:** .....

**Terms of payment:**

- a deposit of €100 (non refundable) confirming my registration.

- registration is deemed final on receipt of the balance of €320  
no later than 30th June 2010

payments to be made to the following account:

Frank van Hoof  
Liersesteenweg 59  
2520 Emblem – Ranst

**KBC Bank: account number: 733-2222174-31**

**IBAN: BE04 7332 2221 7431 BIC: KREDBEBB**

**Prior registration is essential for participation in the seminar**

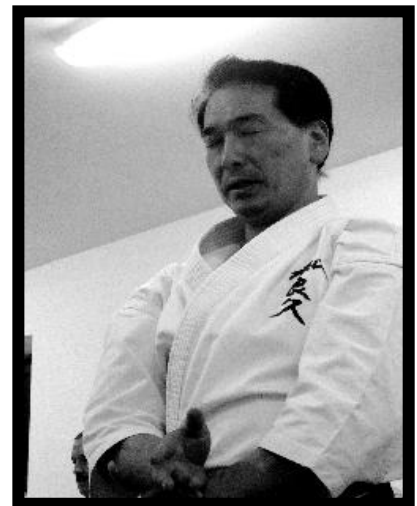
**Place and Date:** .....

**Signature:** .....

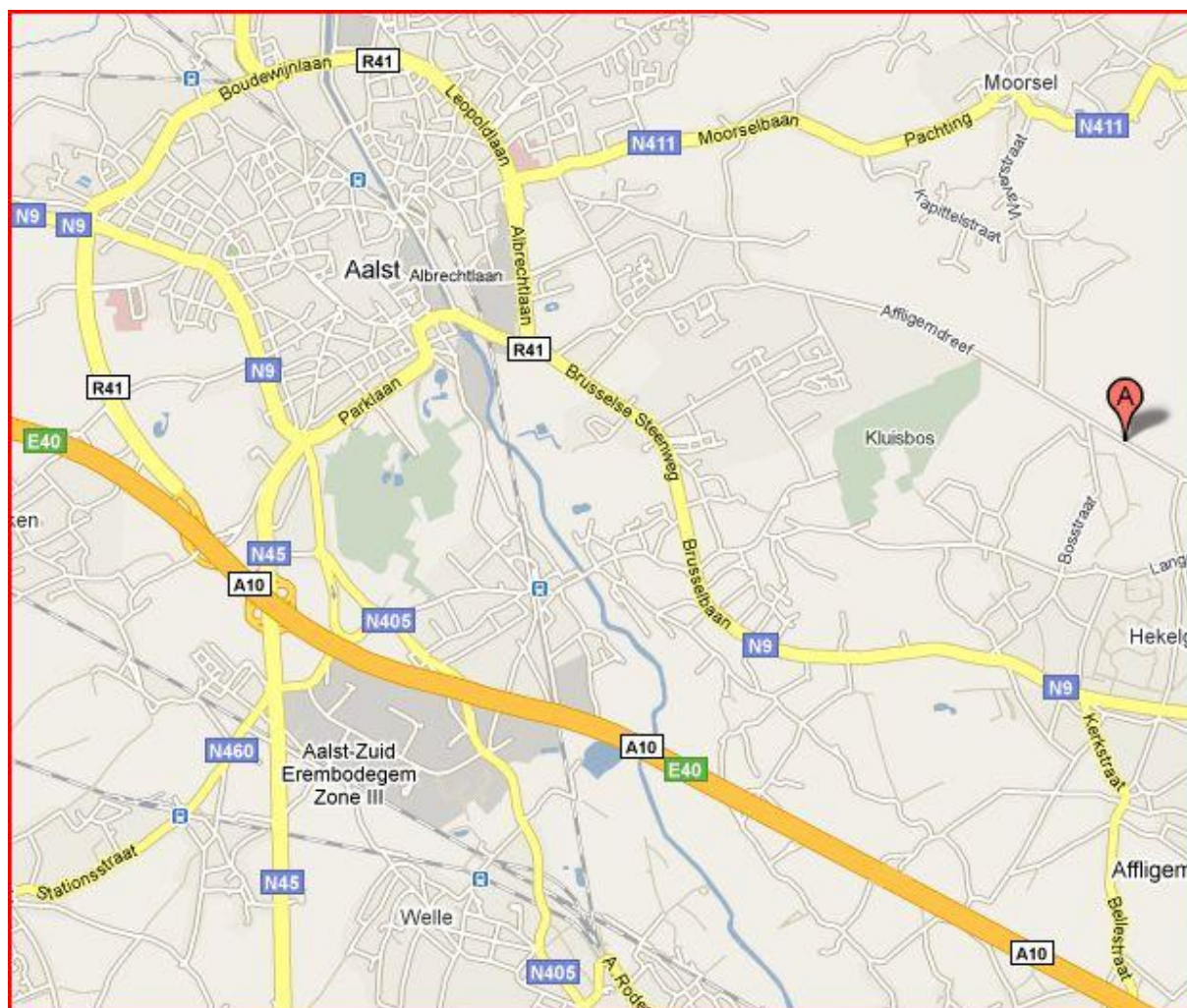


### Further information

- Please bring your own sheets and towels etc. If this is inconvenient, they may be hired for €7.5.
- Single room supplement: € 20.
- Coffee, tea and water always available during the seminar and included in the registration fee.
- useful links: [www.dekluzeij](http://www.dekluzeij) , [www.waraku.eu](http://www.waraku.eu) , [www.walaku.com](http://www.walaku.com) (note the “Japanese Budo Waraku” section), [www.shiatsu.be](http://www.shiatsu.be) .



By car:



#### REACHING THE KLUIZERIJ - ITINERARY

From Brussels: take the E40 (A10) direction Gent / Oostende. Take Exit 19A, Affligem and take the exit left. After 200m, take right, direction Hekelegem (Bell Street). At the roundabout keep right. Just past the village church in Hekelegem (Café on "Under the tower"), take right (Fossilstraat) and follow for 1.5 kilometers. At the lights go straight and follow the direction of the Abbey of Affligem. At the T-junction turn left (New Cassel) and drive over the Langestraat. You are now in the Adbijstraat. Drive the "Abbey of Affligem" on your right hand over, follow road to left (Affligemdreef). The Kluizerij located 1.5 kilometers further to the left (Affligemdreef changes in Aalstersesteenweg Dreef)

From Ghent / Oostende: Take the E40 (A10) towards Brussels. Take exit 19, direction Aalst Aalst for N45 / Geeraardsbergen / Ninove and follow for 950m. Take exit Aalst and follow for 1.4 kilometers. At the roundabout, take the 3rd exit Parklane / N9 and follow for 2.3 kilometers. Turn left towards Aalstersesteenweg Drive. Approximately 3 km further is the Kluizerij on your right side.

Using GPS: note: the GPS is only Affligemdreef and not Aalstersesteenweg Dreef back.

By public transport:

The train station of Aalst. At the station in Aalst take the bus line 4 direction Zomergem court. After 15min drive to stop get off the bus: Zomergem Court. A few meters back to the three spong then go to the right path to take, Aalstersesteenweg Drive. The Kluizerij located on this road along the right side, after about 15 mins walk.

The bus service (area Faluintjes - Opwijk)

On Saturdays and runs the weekly bus service from 6.00 am to 21.00 pm. On Sundays and holidays the bus service runs from 8:00 to 23:00. There is a stop at the entrance of The Kluizerij.