



和良久  
W A R A K U

## Hiramasa Maeda

Will hold in Saillon (VS) Switzerland  
a seminar of Waraku,

from 11<sup>th</sup> to 17<sup>th</sup> July 2010

Approved by the Association Waraku Europa  
[www.waraku.eu](http://www.waraku.eu)

Waraku is a discipline developed by Maeda Sensei, former karate champion and Member of the Oomoto Shinto group (of which was also a member Ueshiba Sensei, founder of Aïkido). Waraku consists of spiral movements accompanied by the use of respiration and sounds, movements like those of many traditional Japanese arts, like tea ceremony or No theatre. Waraku movements can be practiced both with a bokken (wooden sword) or with empty hands and they produce harmony, energy, centrality and effective use of body and mind. Maeda Sensei transmits Waraku as a “Budo”, meant as a means of pacification and completion of every human being rather than a way to attack others.

The course will be divided into two levels:

- from Sunday 11<sup>th</sup> to Tuesday 13<sup>th</sup> : **Waraku Spirale** (first level)
- from Thursday 15<sup>th</sup> to Saturday 17<sup>th</sup> : **Budo Waraku** (second level)

The course will be held at:

**Swiss Dojo, Centre thermal, 1913 Saillon (Valais) Suisse**

Organized by:

Ki-Shiatsu-Massages

Liliane & Jean-Luc Bertschy

Impasse des Rosiers 7, CH 1723 Marly (Fribourg) Switzerland

For informations and registrations:

[www.dojolesrosiers.ch](http://www.dojolesrosiers.ch)

+4126 436 44 00

[info@dojolesrosiers.ch](mailto:info@dojolesrosiers.ch)



The KI-SHIATSU-MASSAGES & EI-WA DOJO de Marly, Liliane & Jean-Luc Bertschy organize the

# 2010 European WARAKU Seminar

Approved by the Association Waraku Europa

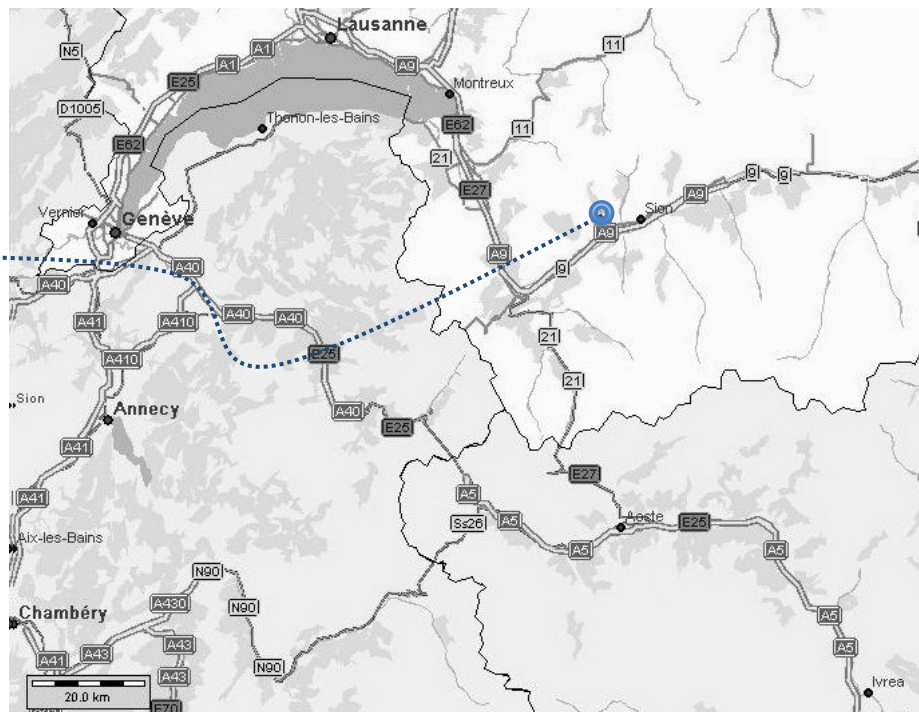
[www.waraku.eu](http://www.waraku.eu)

The Waraku seminar will take place from:

11 - 17 July 2010, in SAILLON (Vs) Switzerland

We will stay at the **Swiss Dojo** behind the Hôtel des Bains,  
Route du Centre Thermal, CH-1913 Saillon  
Saillon is located 15 km to the west of Sion:

here



## **By car** From Zurich:

- Motorway A1, direction Bern / Motorway A12, direction Freiburg / Motorway A9, Great St. Bernard / Motorway A9 exit No. 23, direction Great St. Bernard, Saillon

## **From Geneva:**

- Motorway A1, direction Lausanne / Motorway A9, direction Montreux, Grand St. Bernard / Motorway A9 exit No. 23, direction Great St. Bernard, Saillon.

## **By bus**

A regular bus service connects the Thermal cure center of Saillon to Sion and Martigny railway stations every thirty minutes.

## **Airport**

Geneva Airport « Genève Cointrin » or Zurich Airport « Zürich Kloten » and then take the train.

## **Train**

By train to Martigny or Sion and then take the regular bus service.

## Hôtel des Bains de Saillon \*\*\*\*

[www.hotel-des-bains-de-saillon.ch](http://www.hotel-des-bains-de-saillon.ch)

CH-1913 Saillon (Switzerland)

### Description

In its natural setting amongst the Valaisan vineyards and orchards, at the foot of vertiginous path to Farinet, the Hôtel des Bains de Saillon specializes in relaxation and wellness and welcomes you to its 70 rooms and comfortable suites. It is integrated into the Thermal Baths complex. Numerous possibilities exist for excursions, sports and cultural visits.



### The Swiss Dojo

Situated just behind the Hôtel des Bains, the Swiss Dojo is easily accessible by foot from the rooms.



## Structure of the seminar

**The course is divided into two sessions (2 times 3 days)**

**Waraku Spirale** First level (from 11th to 13th of July) is intended for people who approach Waraku for the first time or for people who having already followed master Maeda's workshops and wish to repeat and improve the fundamental exercises in Waraku Spirale.

Recommended dress: white Gi or light coloured clothes (comfortable and clean), Tabis or white socks.

**Budo Waraku** Advanced session (from 15th to 17th July) is intended for people who have already followed master Maeda's workshops. Those who participated in the first level course of Waraku Spirale can continue to practice under Maeda's guidance to improve the fundamentals.

Dress: white Gi, Hakama, Tabis or white socks and our personal Tsurugi.

### Participation in Waraku Spirale course:

3 overnight stays (Saturday 10th, Sunday 11th and Monday 12th July) *Meeting: Saturday evening at 19h.*

Full board at Hôtel des Bains de Saillon \*\*\*\*, breakfast, lunch (one course) and dinner (one course and dessert) without drinks. [www.hotel-des-bains-de-saillon.ch](http://www.hotel-des-bains-de-saillon.ch)

Intensive seminar (5 to 6 hours a day) with Sensei Maeda (wooden training stick included).

Hotel fee: SFr. 285,-- Seminar fee: SFr. 335,-- **Total: SFr. 620,--**

### Participation in Budo Waraku course:

3 overnight stays (Wednesday 14th, Thursday 15th and Friday 16th July) *Meeting: Wednesday evening at 19h.*

Full board at Hôtel des Bains de Saillon \*\*\*\*, breakfast, lunch (one course) and dinner (one course and dessert) without drinks. [www.hotel-des-bains-de-saillon.ch](http://www.hotel-des-bains-de-saillon.ch)

Intensive seminar (5 to 6 hours a day) with Sensei Maeda (wooden training stick included) (take your personal Tsurugi).

Hotel fee: SFr. 285,-- Seminar fee: SFr. 395,-- **Total: SFr. 680,--**

### Participation in both sessions (Waraku Spirale & Budo Waraku):

7 overnight stays (Saturday 10th to Friday 16th July) *Meeting: Saturday evening at 19h. Hôtel des Bains*

Hotel fee: SFr. 665,-- Seminar fee: SFr. 635,-- **Total: SFr. 1300,--**

**Participation without overnight stays** Only on request and if there are places available. Priority for people who take full board at the Hôtel des Bains. For the 3 first days (Waraku Spirale): SFr. 450,--.

Budo Waraku: SFr. 510,-- Both sessions: SFr. 920,-- (wooden training stick and lunch included).

**Wednesday 14th** will be a free day for walking, visiting, baths or other activities (can be specified once you have arrived). This day can also be attended by participants who do not stay for the complete seminar (SFr. 95,-- for a double room, or SFr. 120,-- for a single room).

**Extra expenses** should be paid directly to the hotel. The additional fee for a single room is SFr. 25,-- per night. Anyone wishing to do so can also stay overnight one extra night, by paying an additional fee. The entrance fee for the baths of the Thermal cure center is SFr. 19,-- . The entrance fee for « Carpe Diem » and swimming pools is SFr. 35,--.

**Conditions:** Every participant has to be in possession of a personal accident insurance policy. The organizer declines any responsibility and right of appeal. The participant accepts these conditions when he registers for the seminar.

**Information:** L. and J.-L. Bertschy, 0041 26 436 44 00, [info@dojolesrosiers.ch](mailto:info@dojolesrosiers.ch), [www.dojolesrosiers.ch](http://www.dojolesrosiers.ch)

**Registration:** The registration form should be filled in and sent to the organizers by regular post mail.

**Payment:** The total amount must be paid by June 10th, 2010, at the latest.:

Banque Raiffeisen de Marly, Rte du Chevalier 3, CH-1723 Marly

Liliane Bertschy Ki-Shiatsu-Massages / IBAN: CH48 8010 5000 0013 1479 0 / SWIFT (BIC): RAIFCH22



REGISTRATION FORM  
EUROPEEN WARAKU SEMINAR  
JULY 2010  
at SAILLON SWITZERLAND

(Please write in block letters)

NAME: (capital letters) ..... First name: .....

Address: .....

Area code: ..... Country: .....

Phone: ..... Mobile Phone: .....

E-mail: .....

Date of birth: .....

AWE Member (Association Waraku Europa): Yes ..... No .....

I already practise Waraku: Yes ..... No ..... Since: (date) .....

Other technique(s): .....

Number of Waraku training course(s) already followed with Sensei Maeda: .....

*(All this information is necessary to fill in the course certificates)*

**Registration**

I shall participate in the complete Waraku seminar from 11th to 17th of July 2010 .....

I shall participate in the 1st level seminar (Waraku Spirale) from 11th to 13th of July 2010 .....

I shall participate in the advanced seminar (Budo Waraku) from 15th to 17th of July 2010 .....

I confirm that I have taken note of the conditions (structure of the seminar)

Date of inscription: ..... Signature: .....

My registration will be definitive after payment, by June 10th, 2010, at the latest.

*I am sending my inscription duly completed and signed, by post, to the following address:*

**Ki-Shiatsu-Messages  
Liliane & Jean-Luc Bertschy  
Impasse des Rosiers 7  
CH-1723 Marly  
Switzerland**