



和良久
W A R A K U

Hiramasa Maeda

will hold in Tabiano Terme (Pr)
a seminar of Waraku, from 2nd to 7th July 2009.

Approved by the association Waraku Europa
www.waraku.eu

Waraku is a discipline developed by Maeda Sensei, former karate champion and Member of Shinto group Oomoto (of which was a member also Ueshiba Sensei, founder of Aikido). 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) and 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 in two levels :

- from Thursday 2nd to Saturday 4th the first level
- from Sunday 5th to Tuesday 7th the second level.

The course will be held at:

Hotel Astro via Castello 2 Tabiano Teme (Pr)

Maeda Sensei will also hold a presentation of Waraku at:

- Ristorante Iago La Lenza, Volpiano (To) Regione Cravero n.30
Tuesday 30/06/09 from 21.00
- Kyushindokai via Moletolo 65/a Parma
Wednesday 01/07/09 from 19 30

Organized by:

Scuola di Shiatsu Ryu Zo Do Rimini

Centro Shiatsu Daniele Giorcelli Volpiano (TO)

For information and registration : 0119882063 - 3474258910

info@nonsooshiatsu.it

