



NEUCHÂTEL 30.07-06.08
7 COMPLETE DAYS



SUMMER SCHOOL 2021

Aiki-ken, Aiki-jo, Hojo, Japanese Yoga, Meditation

Directed by Eric Graf, 5. dan

Invited trainers: Carlos Lopez 5. dan, Sonja Graf 4. dan,
Tomasz Kopiejć 4. dan and Chadi Sawaya 3. dan

Infos & registration: www.dojo-ne.ch

PRICE

Complete seminar 230 CHF

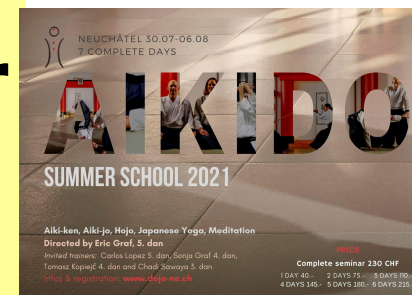
1 DAY 40.- 2 DAYS 75.- 3 DAYS 110.-
4 DAYS 145.- 5 DAYS 180.- 6 DAYS 215.-



DOJO DE NEUCHÂTEL
Espace culturel

Rue de Maillefer 11d
2000 Neuchâtel
T. +41 (0)79 691 19 18
eric.graf@dojo-ne.ch
www.dojo-ne.ch

16th summer seminar in Neuchâtel



Aikido, Aiki-ken, Aiki-jo Hojo, Jap. Yoga, Meditation

Eric Graf
Invited trainers: **Sonja Graf, Carlos Lopez, Chadi Sawaya, Tomasz Kopiejć**

Friday 30 th	Saturday 31 st	Sunday 1 st	Monday 2 nd	Tuesday 3 th / Wednesday 4 th / Thursday 5 th	Friday 6 th		
	07:45 –09:00 Aiki-jo/Aiki-ken ^A 09:00–10:30 Breakfast	07:45 –09:00 Aiki-jo/Aiki-ken ^A 09:00–10:30 Breakfast	07:45 –09:00 Aiki-jo/Aiki-ken ^A 09:00–10:30 Breakfast	07:45 –09:00 Aiki-jo/Aiki-ken ^A 09:00–10:30 Breakfast	09:00-19:00 Excursion by train- bus/car and feet ^C with picnic, grill walking tour Hojo & meditation trainings, kinorenma	07:45 –09:00 Hojo ^A 09:00–10:30 Breakfast	07:45 –09:00 Hojo ^A 09:00–10:30 Breakfast
	10:30-11:45 Aikido 11:55-12:30 Jap. Yoga/Medit	10:30-11:45 Aikido 11:55-12:30 Jap. Yoga /Medit	10:30-11:30 Aikido 11:30-12:30 Exams Dan	10:30-11:45 Aikido 11:55-12:30 Jap. Yoga /Medit		10:30-11:30 Aikido 11:30-12:30 Exams Kyu	10:30-10:55 Jap. Yoga –warming up 11:00-12:30 Aikido
From 15:30 on arrival	13:00 Lunch meal at the dojo ^B	13:00 Lunch meal at the dojo ^B	13:00 Lunch meal at the dojo ^B	13:00 Lunch meal at the dojo ^B		13:00 Lunch meal at the dojo ^B	13:00 Lunch meal at the dojo ^B
17:30-19:30 Aikido	16:30-18:30 Aikido Guest training Carlos	15:15-16:15 Optional Workshop "life of IKEDA Sensei" ^D 16:30-18:30 Aikido Guest training Sonja	Free! 17:00-18:30 Optional: Misogi & Japanese Yoga Grill party at the lake	16:30-18:30 Aikido Guest training Tomasz	16:30-18:30 Aikido Guest training Chadi		

Where nothing is mentioned, trainings lead by Eric.

- A** At the lake side of the lake of Neuchâtel. In case of bad weather in the dojo.
- B** Lunch meal at the dojo **on subscription**, 15.- CHF day and per person.
- C** See details on next page, if the weather is bad on Wednesday, we may switch with Tuesday or Thursday.
- D** Conference-workshop. You may take notes, you won't move like in a regular training, but still there may be some physical/energetic exercises.



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Courriel : eric.graf@dojo-ne.ch

www.dojo-ne.ch

Practical information

Arrival	Friday 30th of July, 15:00– 17:00
End of the seminar	Friday 6 th of August at 12:30
Material	Please bring your own weapons with you: jo, bokken and Hojo bokken (if you don't have a Hojo bokken, you might practice with a bokken)
Monday evening	Optional Misogi (purification training) and Japanese Yoga in the afternoon. Grill at the lake for all if good weather.
Wednesday (/Tuesday/Thursday)	Excursion by feet. The place where we will go this year and detailed information will be distributed later. You need: <ul style="list-style-type: none">• To take your own picnic with you. There will be grilling possibility.• Hojo bokken (or bokken)• Good shoes for walking, swimming suit if you like• Paper and pencils to take notes if you like <i>If the weather is bad on Wednesday, we may switch with Thursday or Tuesday.</i>
Price	230 CHF To be paid in advance or latest at the arrival, the first day, the price includes: the seminar and the breakfasts In order to preserve the quality of the trainings, the seminar is limited to 60 people maximum. People who register for the whole seminar will have the priority. 1 day 40.- 2 days 75.- 3 days 110.- 4 days 145.- 5 days 180.- 6 days 215.- 1 training: 25 CHF
Accommodation	Possibility to sleep in the dojo (in exchange you help actively maintaining the dojo clean), At the camping of Colombier, 5 min. by tramway, In private or at the hotel, see www.neuchatel-tourisme.ch
Organization and registration	on www.dojo-ne.ch from now on Eric & Sonja Graf Tel: +41 79 691 19 18 eric.graf@dojo-ne.ch The registration is obligatory until 23rd of July 2021. We won't be able to organize breakfasts and lunches for people who register after this date... but you are still welcome!



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Address

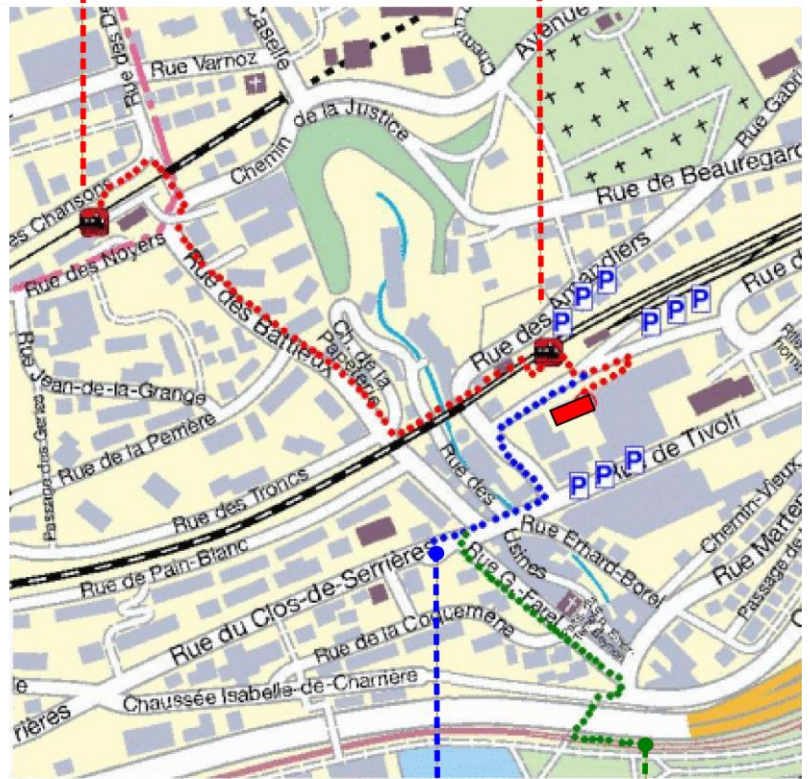
Dojo de Neuchâtel - Espace Culturel
Rue de Maillefer 11d
2000 Neuchâtel
Switzerland

Legend

- Les Deurres Railway Station
-> NE-Serrières Railway Station
-> Dojo
- Bus (Nb. 102) stop -> Dojo
- Tramway (Nb. 215) stop -> Dojo

Gare des Deurres

Gare de Serrières



Arrêt bus n° 102
Les Battieux

Arrêt tram n°215
Port de Serrières

We are happy to welcome you to this 16th summer seminar in our dojo of Neuchâtel!

