

Invitation
to the International Women's Aikido Summer Camp
from Saturday, 25 July to Friday, 31 July, 2020
at the Grube Louise, Germany

Training:

We are very happy, Monika Fickert from Berlin will be our **teacher** in this week. She says about herself:

"I have been engaged in Aikido for 30 years in which I was a student of Anita Köhler (6. Dan, Aikikai Tokyo, co-founder of the German Aikido-Federation) for 25 years. Amongst other techniques, I practiced sword (Kashima Shin-ryu) intensively and was very lucky to have been instructed by her in Internal Power. She died 2018 and has ever since been missed as my teacher and friend.

On a regular basis you can meet me at workshops given by Endo Seishiro (8. Dan, Aikikai Tokyo), Christian Tissier (8. Dan, Aikikai Tokyo), Miranda Saarentaus (6. Dan, Aikikai Finland), Jorma Lyly (6. Dan, Aikikai Sweden) and Jan Nevelius (6. Dan, Aikikai Sweden).

For the first time in 1993 I took part in a Women's Summer Camp, lead by Mimma Turco (6. Dan, Aikikai Italy). For 10 years now, a long lasting friendship has been connecting me to the Aikido-Women's-Dojo in Bochum. Once a year, in spring time, we meet there for an Aikido weekend."



The following **training times** are scheduled:

Sat	07:30 pm – 09:00 pm Aikido training
Sun – Thu	10:00 am – 11:30 am sword training
	11:30 am – 12:30 pm Aikido training
	04:00 pm – 06:00 pm Aikido training

Location:

The Grube Louise (Westerwald) (www.grubelouise.de) is located in the middle of beautiful forests and landscapes. To the building belong two common rooms, the Dojo, a sauna and several small houses with bedrooms. Around the building complex are several lounge areas, hammocks and a barbecue area.

Eating:

During our camp, we will be taken care of by a chef, serving vegetarian food throughout the day.

If there are any food items you are allergic to or you do not want to have served, please let us know with your booking request.

Costs:

The entire time will cost **450,00 € to 500,00 €** depending on your own estimation.

You could also participate **single days**, if you prefer. In this case, **each day** will cost you **100,00 €**, but not more than the costs for the entire camp.

We can also offer admission for two socially disadvantaged women. Please get in contact with us, to learn more about the details.

You can choose - depending on your desire and financial possibilities - to sleep in a room, on a gallery at the Dojo or to tent. Please count in the following costs on top of the camp costs:

Single room:	32,00 € per night
Double room:	23,00 € per night
Gallery:	5,00 € per night
Tenting:	5,00 € per night
Bed sheets, towels (incl. duvets and pillows)	15,00 € once

Contact and booking:

For questions or booking
you can reach us with this e-mail-address: heidrun.stachowski@outlook.de

Please let us know the following when sending your booking request:

Your name
Participation (entire camp or which days)
Your overnight stay wish (room, gallery, tent)
Food allergies

After having received your booking request, we will send you more information about how to get there as well as payment options.

With kind regards from the Ruhrgebiet

Heidrun, Jana und Katrin