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**Shintaido** of Switzerland



## Workshop

**May 25<sup>th</sup> & 26<sup>th</sup> 2013**

with

**Fugaku H. Ito Sensei  
& Nicole Beauvois**

***Self-Evolution***  
***with Martial Art***

Shintaido of Switzerland invites you to the  
Shintaido Workshop at May 25<sup>th</sup> and 26<sup>th</sup> 2013

**at the Aikido Atelier, Binzstr. 12, Zürich/CH**

The entrance to the Dojo (small door through fence) is right behind the train crossing at the corner of Binzstrasse/ Agnes-Robmann-Weg.

Schedule:

<b>Saturday</b>	<b>10am to 12.30pm</b>
<b>Saturday</b>	<b>03pm to 05.30pm</b>
<b>Sunday</b>	<b>10am to 12.30pm</b>
<b>Sunday</b>	<b>02pm to 04pm (Taimyo Meditation)</b>

Cost: CHF 180 (140 Euro) whole workshop; CHF 100 (80 Euro) per day; CHF 50 (40 Euro) single lesson

**The workshop is very well suited for beginners and for those who are interested!**

Wear a white Keiko-Gi or other comfortable light-colored clothing. Visitors from abroad can sleep in the dojo if they want.

**Subscription and more information:**

Sascha Serfözö – serfoezoe@hotmail.com – Telefon/SMS: 0041 78 7379749 or

Matthias Hobi – [matthiashobi@sunrise.ch](mailto:matthiashobi@sunrise.ch) – Telefon/SMS: 0041 79 568 21 72

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The Shintaido-group Zürich works out every Tuesday at the Aikido Atelier at 6pm to 7.30pm

**[www.shintaido.ch](http://www.shintaido.ch)**