

**JULY 2023**  
**AIKIDO SEMINAR IN GREECE WITH**  
**MARTIN GRUBER SHIHAN & THOMAS WITTY SHIHAN**  
**6<sup>th</sup> DAN AIKIKAI**



**DATE: 12-16.07.2023**

**SCHEDULE:**

WEDNESDAY 12.07

21:00 MEETING, INFORMATION, DINNER

THURSDAY 13.07

08:00 BREAKFAST  
10:00-11:30 TRAINING  
11:30-12:00 FREE PRACTICE  
14:00 LUNCH  
18:30-20:00 TRAINING  
21:00 DINNER

FRIDAY 14.07

07:00- 7:45 PILATES SESSION BY COSTAS  
08:00 BREAKFAST  
10:00-11:30 TRAINING  
11:30-12:00 FREE PRACTICE  
14:00 LUNCH  
18:30-20:00 TRAINING  
21:00 DINNER

SATURDAY 15.07

08:00 BREAKFAST  
10:00-11:30 TRAINING

11:30-12:00 FREE PRACTICE  
13:00 LUNCH  
14:30-17:00 GROUP BODYWORK SESSION  
WITH EXCHANGE BY COSTAS  
18:00-19:30 TRAINING  
19:45-20:15 EXAMS  
21:00 DINNER, NIGHT PARTY

SUNDAY 16.07

08:30 BREAKFAST  
10:00-11:30 TRAINING-TREATMENT  
3.00 DEPARTURE (FOR THOSE WHO DESIRE THERE

WILL BE A VISIT TO THE BEACH AND LUNCH)

**SEMINAR HOURS:** 10,5HOURS TOTAL

**SEMINAR COST:** 130€ TOTAL

**STAYING:** 220€ IN GUESTHOUSE WITH FULL MENU

180€ IN TENT OR DOJO WITH FULL MENU  
(WE CAN PROVIDE YOU A TENT AND A  
SLEEPING BAG AFTER EARLIER CONTACT)

**LOCATION:** RE-GREEN ECOCULTURE CENTER, SELIANA,  
AHAIA-PLEASE VISIT THIS LINK FOR  
ACCURATE LOCATION <https://re-green.gr/contact-2/>-(THERE IS ALSO THE  
POSSIBILITY TO REACH THE LOCATION BY  
CAR WITH A KENWAKAI DOJO MEMBER OR  
A TAXI. PLEASE, CONTACT US IN  
ADVANCE!!!!!!)

**MORE INFORMATION:**DAMALOU EVGENIA+30 694 3932091  
[eugeniadam1@hotmail.com](mailto:eugeniadam1@hotmail.com)

**EXTRAS:** RE-GREEN ECOCLTURE CENTER ALSO PROVIDES SWIMMING IN A WATERFALL, TEMAZSCAL (INDIAN TYPE SAUNA) AND SOME MINI-SEMINARS ABOUT NATURAL BUILDING, BOTANOLOGY AND PERMACULTURE THEORY WITHOUT ANY COST.



WE ARE LOOKING FORWARD TO SEEING YOU!

## APPLICATION FORM

**JULY 2023**

**AIKIDO SEMINAR IN GREECE  
WITH MARTIN GRUBER SHIHAN & THOMAS WITTY SHIHAN  
6<sup>TH</sup>DAN AIKIKAI**

NAME:

E-MAIL:

PHONE NUMBER:

PLEASE COMPLETE WHERE YOU WOULD LIKE TO STAY (GUEST HOUSE WITH FULL MENU PRICE 220€, TENT OR DOJO WITH FULL MENU PRICE 180€):

PLEASE COMPLETE WHETHER YOU ARE INTERESTED IN A MINI-SEMINAR AND WHICH ONE (NATURAL BUILDING, BOTANOLOGY, PERMACULTURE THEORY):

Please complete and send to [eugeniadam1@hotmail.com](mailto:eugeniadam1@hotmail.com) from **15.01.2023-10.07.2023**

**SINCE THE PARTICIPANTS NUMBER IS LIMITED PLEASE CHECK FOR AVAILABILITY. RESERVE YOUR PARTICIPATION IN THE SEMINAR BY SENDING US THE APPLICATION OF YOUR FORM AND A COPY OF YOUR FLIGHT TICKET. THANK YOU!**

**To ensure the safety of all of us, you need to provide us before the start of the seminar a negative rapid covid test or a negative PCR test. Thank you for the understanding.**

Participation is at your own risk. Neither organizers nor individuals accept any form of liability.