



Aikido Seminar 2020 - Sakura Dojo, Zentweg 17c, Bern

Toko J. Flower Sensei / Ryugan R. Savoca Sensei 24 – 26 January 2020

We are happy to invite you to the Seminar with Toko J. Flower Sensei and Ryugan R. Savoca Sensei at the Sakura Dojo in Berne.

Timetable

Friday	18.30 – 20.45	Aikido (Bodyart / Weapons)
Saturday	08.30 – 09.30	Zazen
	10.00 – 12.15	Aikido (Bodyart / Weapons)
		<i>Picnic</i>
	14.00 – 18.00	Aikido (Bodyart / Weapons)
		<i>Dinner</i>
Sunday	08.30 – 09.30	Zazen
	10.00 – 12.15	Aikido (Bodyart / Weapons)

Fees

Entire seminar	CHF 90.-	(60 Euro*)
1 day	CHF 55.-	(40 Euro*)
1/2 day	CHF 35.-	(25 Euro*)
Friday	CHF 20.-	(15 Euro*)

* the prices in Euro are for guests from abroad only.

We kindly ask you to bring with you your own picnics. Coffee and tea will be served at the Dojo.

Reasonable accommodations are on the following page. If you have a sleeping bag you can also sleep at the Dojo.

The Sakura Dojo is located on the Zentweg 17c in Berne and is easy to reach by public transport or car. For further details see www.sakura-dojo.ch.

Please use the following Link to facilitate the organization of the event:

<https://doodle.com/poll/uqfvxk9w7uhv853g>

For further information and questions please contact:
Ivo Sonderegger, info@sakura-dojo.ch



Accommodations

Addresses and bookings

- Bed and Breakfast: <http://www.bnb.ch/>
 - Alliance of Bernese 1* to 3*** Hotels: <http://www.smartline-hotels.ch/>
 - Hotels: <http://www.booking.com>
 - Airbnb: www.airbnb.com (search for bern, zentweg)
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Youth hostels and similar accommodations

- Youth Hostel Bern <http://www.youthhostel.ch/de/hostels/bern>
 - Bern Backpackers Glocke <http://www.bernbackpackers.ch/>
 - Hostel 77 <https://www.hostel77.ch/>
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Cheap hotels

- Hotel Landhaus <https://albertfrida.ch/unser-hotel/>
- Hotel-Pension Marthahaus <http://www.marthahaus.ch/>
- Hotel Continental <http://www.hotel-continental.ch/>
- Hotel Linde, Stettlen, Bern (car necessary) <https://www.linde-stettlen.ch>
- Hotel Alpenblick Ferenberg, Stettlen, Bern (car necessary) <http://www.alpenblick-ferenberg.ch/>

Hotels near the Dojo

- Hotel Waldhorn <http://www.waldhorn.ch/>
 - Hotel Ibis Budget Bern Expo <https://www.accorhotels.com/switzerland/index.de.shtml>
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