

**Athens Aikido presents:**  
**Aikido Seminar with Gabriel Valibouze**  
**7<sup>th</sup> Dan Shihan - Strasbourg Aikikai**  
**7-9 February 2020**

**Friday 7 February**

6.30-7.00pm Zazen

7.45-8.45pm Aikido

**Saturday 8 February**

11.30am-12.30pm Zazen & Iaido

12.40pm-1.40pm Aikido

*Lunch break*

5.00pm-6.00pm Aikido

6.10pm-7.00pm Weapons

7.30pm Pot luck party in the dojo

**Sunday 9 February**

9.30am-10.15am Zazen

10.30am-11.20pm Aikido

11.30am-12.20pm Weapons

*Cost of seminar:*

*Full Seminar: 50 euros*

*Friday or Sunday only: 20 euros*

*Saturday only: 30 euros*