**Ryugan r. SAVOCA shihan aikido seminar AT**

**ATHENS AIKIDO**

**10 October-15 october 2023**

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| **Tuesday 10-10-2023 (Regular Program)** | **Saturday 14-10-2023 (Seminar)** |
| 08.45 – 09.20 Zazen | 12.30 – 13.30 Aikido |
| 09.30 – 10.30 Aikido | 13.40 – 14.30 Weapons |
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| 19.00 – 19.50 Aikido | 18.00 – 18.50 Aikido |
| 20.00 – 20.50 Weapons | 19.00 – 19.50 Aikido |
| 21.00 – 21.30 Zazen | 20.00 – 20:50 Weapons |
|  | **21:15 Shared food at dojo** |
| **Wednesday 11-10-2023 (Regular Program)** | **Sunday 15-10-2023 (Seminar)** |
| 08.45 – 09.20 Ibuki (breath work) | 10.30 – 11.15 Zazen |
| 09.30 – 10.30 Aikido | 11.30 – 12.30 Aikido |
|  | 12.40 – 13.40 Weapons |
| 20.15 – 21.15 Aikido |  |
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| **Thursday 12-10-2023 (Regular Program)** |  |
| 08:45-10:15 Misogi-Harai (shogaku / invite only) |  |
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| 18.30 – 19.15 Weapons |  |
| 19.15 – 20.00 Aikido |  |
| 20.10 – 20.45 Zazen | **Full Access (all days) : 70 Euros** |
|  | **Seminar (13/14/15) : 60 Euros** |
| **Friday 13-10-2023 (Seminar)** | **Seminar Day : 30 Euros** |
| 08.45 – 09.20 Zazen | **Regular Day : 15 Euros** |
| 09.30 – 10.30 Aikido |  |
|  |  |
| 19.00 – 19.50 Aikido | **(Teens, Students, Unemployed** |
| 20.00 – 20.50 Weapons | **50% Discount)** |
| 21.00 – 21.30 Zazen | **(Donations are always welcome)** |

**Program is subject to change**