

Bosco Gurin

CH, Tessin, 1500 m ASL



AIKIDO & MISOGI

summer seminar for instructors and dan
22nd - 29th August 2020

with
Yoshigasaki Sensei

The seminar is recommended for those who
like the mountains, the silence and the
Japanese culture

Associazione Ticinese Ki Aikido Balerna

arrival

c/o Scuola Montana (Casa Pometta)
saturday, 22nd August 2020, from 16:00

beginning of the seminar

sunday, 23rd August 2020, at 08:30

end of the seminar

saturday, 29th August 2020, at 12:00

practise

Misogi

06:15 – 07:15

Aikido

08:30 – 09:45 pause 10:15 – 12:00

meals

07:30 breakfast

13:00 lunch

18:30 aperitif

19:00 dinner

vegetarian meals on demand

dojo

c/o Residenza Ostello Giovanibosco



sports and recreation

walks to Grossalputte,
1900 m ASL, easy path, about 1 hour



walks and baths at the torrents Rovana and
Maggia,
sightseeing in Vallemaggia



other excursions

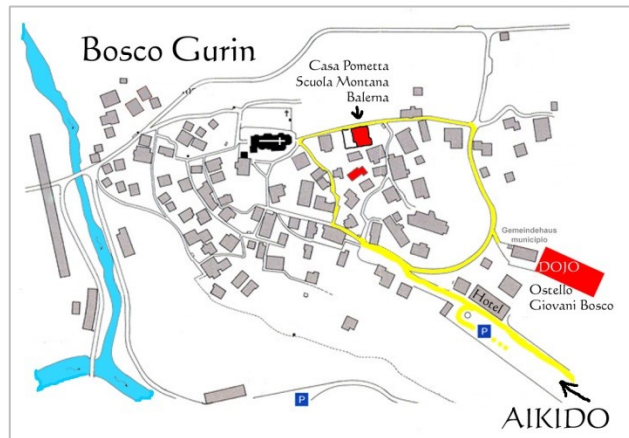
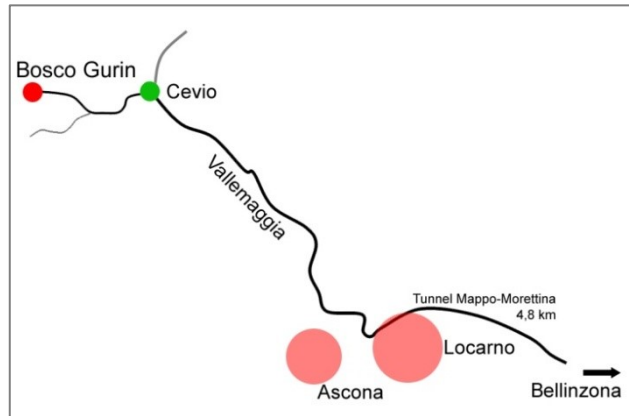
Valle Lavizzara, Valle Onsernone, Valle Verzasca,
Val Bavona and/or Robiei-Basodino with gondola

recommended equipment:

firm footwear, wind jacket, sweater

how to arrive

From Locarno follow direction Vallemaggia until Cevio (25 km). At Cevio turn to the left following the signs to Bosco Gurin (16 km).



www.aikido-balerna.ch

www.bosco-gurin.ch

www.walserhaus.ch

accommodation

Casa Pometta and Casa Don Bosco



rooms with 4 to 8 beds, sleeping bag required,
showers and WC at the same floor

free camping is not allowed at Bosco Gurin

please help us setting and clearing the desks for
the meals



inscriptions

contact one of the following persons

Yvette (it, fr) 0041 79 561 59 37
yvettevoumard@bluewin.ch
Govert (en, nl) 0041 79 744 32 08
erkelens@bluewin.ch
Bernhard (de, en) 0041 79 321 74 57
boll@bluewin.ch

costs

Aikido and Misogi

whole week	130 CHF
single day	25 CHF

full pension

whole week	420 CHF
single day	60 CHF

Euro: conversion rate of the day

For registration please transfer a pre-payment
of CHF 400 up to the 30th June 2020 to

Associazione Ticinese Ki Aikido Balerna

PostFinance 3030 Berna
IBAN CH40 0900 0000 6521 4517 0
BIC POFICHBE

The remaining amount has to be paid at the
arrival at Bosco Gurin.

Checks cannot be accepted.

All participants must be privately insured
against accidents, also for medical treatment
or hospitalization in Switzerland.