

## sports and recreation

walks to Grossalputte,  
1900 m MSL easy path about 1 h



Walks or bathing at the torrents of Rovana and  
Maggia, recreation  
sightseeing in Vallemaggia, visiting famous  
monuments

[www.bosco-gurin.ch](http://www.bosco-gurin.ch)



[www.walserhaus.ch](http://www.walserhaus.ch)

recommended excursions:

Val Bavona and/or Valle Lavizzara

and/or Robiei-Basodino, with cable car  
recommended equipment:  
firm footwear, wind jacket, sweater

Doshu Yoshigasaki at Bosco Gurin 2010

## inscriptions

contact the following persons

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[yvette\\_voumard@hotmail.com](mailto:yvette_voumard@hotmail.com)  
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[bb@toitsu.de](mailto:bb@toitsu.de)

For registration please transfer  
300 Euro pre-payment up to 30<sup>th</sup> June 2010 to

Swiss Post - PostFinance 3030 Berna  
Associazione Ticinese Ki Aikido Balerna  
IBAN CH 40 0900 0000 6521 4517 0  
BIC POFICHBE

The remaining amount has to be paid at the arrival at Bosco  
Gurin.  
Cheques cannot be accepted.

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



Dojo Residenza Ostello Giovanibosco



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

# AIKIDO e MISOGI



## Bosco Gurin

1500 m MSL

 Ticino, Switzerland 

summer seminar  
for instructors and dan  
(max. 30 participants)

with Doshu  
K. Yoshigasaki

22.8. – 28.8.2010

Associazione Ticinese  
Ki Aikido Balerna  
[www.aikido-balerna.ch](http://www.aikido-balerna.ch)

## Reception

Scuola Montana (casa Pometta)  
saturday, 21<sup>st</sup> august from 16:00 h

## Aikido lessons start

sunday, 22<sup>nd</sup> august at 08:30 h

## Aikido lessons end

saturday, 28<sup>th</sup> august at 12:00 h

## Misogi

06:00 – 07:00

## Aikido

08:30 – 09:45    pause    10:15 – 12:00

## dojo

Residenza Ostello Giovanibosco

## Afternoons free

In the afternoons the dojo may be used for private training, meditation and kenkodo. Please ask the organizers.

## One complete day free for private activities

breakfast included, launch and supper excluded

Complete aikido seminar                      140 euro

One day only    25 euro

## SHODO



in the old school-house  
2 hours in the afternoon  
registration at the teachers  
(max. 10 persons per lesson)

## Accommodation



Casa Pometta and Casa Don Bosco

Rooms for 4 to 8 persons,  
sleeping bag required,  
showers and WC at the same floor  
(free camping is not allowed at Bosco Gurin)

## meals (vegetarian on demand)

07:15 breakfast                      13:00 lunch

18:30 aperitif                      19:00 supper

Please help setting and clearing the desks for the meals.

## Full board for one person

Complete week                      355 euro

One day    55 euro

## Hotel Walser

12 modern rooms, with shower/bath, WC, phone,  
radio, TV, minibar

Please contact the hotel directly to book a room  
tel. +41 (0)91 7590202    fax +41 (0)91 7590203

[www.hotel-boscogurin.ch](http://www.hotel-boscogurin.ch)

## How to arrive at Bosco Gurin

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

