



# Aikido-Seminar 22.-24.02. 2019 in Malmshheim

## LEWIS BERNALDO DE QUIROS

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[www.aikido-malmsheim.de](http://www.aikido-malmsheim.de)

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TRADITIONAL  
AIKIDO EUROPE

Sensei Lewis Bernaldo de Quiros has practiced Aikido since 1984, from 1986 to 1993 in Japan under Morihiro Saito Sensei. He lives in Spain and teaches numerous seminars all over Europe.


### **WHEN**

Friday February 22th 20:00-21:45  
Saturday February 23th 10:00-12:00, 14:00-17:00  
Sunday February 24th 08:30-11:30

### **WHERE**

TSV Malmshheim, Albstr. 14 in 71272 Renningen-Malmshheim

### **HOW TO GET THERE WITH PUBLIC TRANSPORT**

From Stuttgart main station take the metro (S-Bahn, look for ) #6 direction Weil der Stadt to Malmshheim station. Get in contact with us for a pick up service from there

### **ACCOMODATION**

Sleeping in the dojo is possible but you are very welcome to stay with one of us

### **FOOD**

Snacks and drinks available during training sessions  
Saturday dinner and Sunday lunch at a restaurant

### **FEE AND REGISTRATION**

€ 10 Friday / € 60 Saturday / € 40 Sunday / € 80 whole seminar (reduction for students)  
Registration, information and payment details: [coyote.blue@gmx.net](mailto:coyote.blue@gmx.net) (Barbara Ambrus)

### **OTHER ORGANIZATIONAL MATTERS**

Jo and bokken are available in limited numbers  
Insurance is not included

**WE ARE LOOKING FORWARD TO A NICE SEMINAR WITH YOU!**