

Shinson Hapkido im Gasthaus Semmerin



A training for everyone

20.-22. Sept. 2019

Semmerin is a 200-people-Village close to Ludwigslust in Mecklenburg-Vorpommern in the north-eastern part of Germany. We will stay at the home of Sabomnim Christopher Albinus and Kyosanim Saskia Leiser-Sager, who live there together with their children in a former guesthouse. There they built a Dojang, in the middle of many forests and lawn.

On this weekend we want to train together, we will move inside and outside, we will experience nature and silence, community and ourselves among others.

Arrival: Friday afternoon
Depature: Sunday after lunch

Costs: Accomodation, food and cleaning: **82,50 Euro**
+
participation fee: **along your own evaluation*** (see below)

Application please **until the 7. September**. By short-term cancellation I would like to ask you for to pay for the weekend. The training will be lead by myself and our guestteacher will ab Sabomnim Christoff Albinus again.

I am looking forward to your applications!

Ruth Arens (9. Ki, 4. Dan)
Sabomnim , Dojang Bremen

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* In buddhist terms „Dana“ means: giving, making a gift, giving away something, training generosity. So everyone gives what she thinks is fine for her to give. Enclued in this dana is the fee for the teaching of Sabomnim Christoph Albinus and for me.