

Lewis De Quiros

AIKIDO SEMINAR NICE (French Riviera)



Takemusu Aikido Kyokai

chateaufort
NISSA/MONACO
FRANCE



18-19
Lewis **DE** JUN
QUIROS 2016

Saturday 18/06 morning

10:00 – 11:00 -1h- Keiko 1

11:00 – 12:00 -1h- Keiko 2

(meal on the spot - Bring your meal with you)
(pique-nique sur place - prévoir son repas)

Saturday 18/06 afternoon

14:30 – 15:30 -1h- Keiko 3

15:30 – 16:30 -1h- Keiko 4

16:30 – 17:30 -1h- Keiko 5

18:30 - Movie/Documentary about the Aikido

19:30 - Simple and friendly meal on the spot

Sunday 19/06 morning

09:30 – 10:30 -1h- Keiko 6

10:30 – 11:30 -1h- Keiko 7

11:30 – 12:00 - 0h30 - Keiko 8

Sunday 19/06 afternoon

Visiting Gourdon!

STRONG ADVICE
Touristic period of
time...
Consider booking as
soon as possible !

Lewis Bernaldo de Quiros

Sensei Lewis Bernaldo de Quiros has been training intensively in aikido since 1984, between 1986 and 1993 in Japan with Morihiro Saito Sensei. He now lives in Spain and teaches on seminars throughout Europe. Longstanding experiences in: Judo, Shotokan Karate, Kyudo, Zen Meditation and Tea Ceremony.

REGISTRATION !

It is very important to let us know by email before the 1st of June that you will participate to book your place (specially for the meal).

AIKI-DOJO.fr

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