

# Aikido practice in ÖREGRUND 19-20 October Joachim von Rost 6 Dan



Concept: All help all to develop their Aikido

Saturday 11.30-13 All

15-17 All

17-18.00 Advanced

Sunday 10-12 All

14-16 all

Price 100 SEK per lecture or 500:- for both days.

Children are practicing for free

Location

Bryggaregatan 4, 742 41 Öregrund

Questions?

Contact Maria Johansson +46 (0)70-546 1474 or [maria.gunsan@gmail.com](mailto:maria.gunsan@gmail.com)

Accommodations:

- All accommodations are situated 10 minutes' walk from the dojo
- Epokgården <http://www.epokgarden.se/> Tele +46 (0)173-30200
- Hotel Flora <http://www.hotellflora.se/> Tele +46 (0)173-31660
- Hotel Klockaregården <http://www.klockargardenoregrund.se/> Tel: +46 (0)173 300 65  
[info@klockargarden.nu](mailto:info@klockargarden.nu)
- Pensionat Ankargården, <http://www.ankargarden.se/> Tele: +46 (0)173-305 12
- Strandhotellet <http://www.strandhotellet.nu/> Tele +46 (0)173-31600

