



Hechingen Association for Ki, Aikido and Health

cordially invites you to the 40th Anniversary

AIKIDO SEMINAR

SHIN SHIN TOITSU AIKIDO

8 - 10 May 2026 with



Shihan Bernhard Boll (8. Dan)

Schlossbergturnhalle Grundschule
Am Schlossberg 13, 72379 Hechingen, Germany

Full Seminar: 50 €

Half Day / Single Session: 20 €

Students / Friday free of charge

Friday

19:30 – 21:00
Aikidoflow (Yoga)
Ukemi - Misogi

Saturday

10:00 – 13:00 AIKIDO
15:00 – 18:00 AIKIDO
from 17:00 - Exams

Sunday

10:00 – 13:00 AIKIDO

Pre-registration is requested (non-binding) at:
info@aikido-hechingen.de / tel: +49 1523 4222002 (Stefan Neumann)

www.aikido-hechingen.de