

Arrival and daily routine

Arrival

By train to Westerland Hbf.

From there by Bus, N° 1, to List, leave bus at „Vogelkoje“

By car drive to Niebüll and take the traintransfer (Zugverladung Niebüll). The last train for transfer leaves at 22.10 o'clock. The transfer costs ca. 70,- €. The ferry from Römö (Denmark) is cheaper (50,- €) therefor it's 40 km longer to drive (from Germany). The last ferry goes at 17 o'clock.

It's possible to park the car at Niebüll. The parking fee is ca. 5,- €. the transfer from Niebüll to Hbf-Westerland by train costs 6,- €.

If you travail by other ways, boot, plane or submarine please don't hesitate to ask me via e-mail.

Day of arrival

18. o'clock	wellcome to the participants
18.30 - 19.30 o'clock	diner
20.00 - 21.00 o'clock	introduction into philosophy





Turn-in, Irimi, 1st day

8.00 - 9.00 o'clock	at the beach breath- und jo-exercises
9.00 - 10.00 o'clock	breakfast
10.30 - 12.30 o'clock	Aikido training in the dojo
13.00 o'clock	Lunch
16.00 - 18.00 o'clock	Aikido training in the dojo
18.30 o'clock	dinner
20.00 - 21.00 o'clock	philosophy and 20' meditation



turn - Ten kan, 2nd day

8.00 - 9.00 o'clock	at the beach breath- und jo-exercises
9.00 - 10.00 o'clock	breakfast
10.30 - 12.30 o'clock	Aikido training in the dojo
13.00 o'clock	lunch
16.00 - 18.00 o'clock	Aikido training in the dojo
18.30 o'clock	dinner
20.00 - 21.00 o'clock	philosophy and 20' meditation



Turn back, Kai Ten, 3rd day

8.00 - 9.00 o'clock

at the beach
breath- und jo-exercises

9.00 - 10.00 o'clock

breakfast

10.30 - 12.30 o'clock

Aikido training in the dojo

13.00

lunch

14.30 -15.30 o'clock

philosophy

afternoon and evening free

18.30 o'clock

dinner (woh doen't want to take part is requested to inform the personal of the kitchen)

offer:

18.30 o'clock

beachwalk with dinner at Wonnemeyer-seefood-restaurant. We will pass the red clips of Sylti.

The costs for the dinner are not included in the seminarprice. After dinner we walk back at the beach or take a taxi back to the academy.



Turn home : see you soon

8.00 - 9.00 o'clock	at the beach breath- und jo-exercises
9.00 - 10.00 o'clock	breakfast
11.00 - 12.30 o'clock	Aikido training in the dojo
13.00 o'clock	lunch [you may ask for packed lunch instead]

Changes may be possible and necessary. Every participant will get an actual schedule two weeks before the seminar starts.

Trainer:

Dr. Norbert Held 3rd Dan (IAF)

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