

CHARLES COLTEN 5TH DAN AIKIKAI & MIRANDA SAARENTAUS SHIHAN 6TH DAN AIKIKAI

AIKIDO WEEKEND SEMINAR

7. - 9.2.2020 IN TIKKURILA, VANTAA

PLACE

Tikkurila Sporthall, Läntinen Valkoisen-
lähteentie 52, Vantaa, Finland

TIMES

Fri 7.2. 19.30 - 21.00 Miranda

Sat 8.2. 11.30 - 12.40 Charles
12.50 - 14.00 Miranda
16:00 - 17:30 Graduation
18.00 - 21.00 Party -
Restaurant Liekki

Sun 9.2. 10.00 - 11.30 Charles

FEES

Whole seminar 40 €, one class 15 €, Saturday
two classes 25 €.

ACCOMMODATION

Hotel Tikkurila, Vantaa, tel. +358 9 838 400,
email: hotelli (at) urheilupuisto.com,
hotellitikkurila.fi,

Reservations before 20.1.2020. Use the code
AKARI for the hotel.

FOR MORE INFORMATION www.akari.fi,
Miranda Saarentaus gsm +358-40-747 8822,
email: mstaus (at) kolumbus.fi

AKARI RY



CHARLES

has been studying Aikido since 1986 and is a direct student of Seishiro Endo Shihan. Based in New York City, Charles teaches Aikido, works as a Leadership Coach, and regularly gives seminars in the USA, Canada, and Latin America. As the Founder and Chief Instructor of Aikido in the Schools, he brings the physical, mental and emotional benefits of Aikido to students in public and private schools.



MIRANDA

is chief instructor of Akari Aikido near Helsinki, Finland, and has long been a close student of Seishiro Endo Shihan. Her style emphasizes the flow of movement, not fighting against force, finding a way to guide a partner without coercion, and drawing strength from contact and communication. Not surprisingly, 'Jiyuwaza' is one of her trademarks.

www.akari.fi