

# AIKIDO SEMINAR

WITH **PETER SHAPIRO SENSEI**

KI-NO-NAGARE-AIKI-DOJO



PETER LIVED 20 YEARS IN JAPAN WHERE HE STUDIED AIKIDO WITH O-SENSEI AND MICHIO HIKITSUCHI-SENSEI, 10<sup>TH</sup> DAN, AND IS THE FOUNDER OF THE KI-NO-NAGARE AIKIDOJO IN BERN. PETER RECEIVED 5<sup>TH</sup> DAN FROM HIKITSUCHI-SENSEI.

„AIKIDO AS HEALING ONESELF AND HEALING THE WORLD -  
SOMATO RESPIRATORY INTEGRATION AS A GATEWAY TO KOKYU“

## 15<sup>TH</sup> / 16<sup>TH</sup> MAY 2010

„Healing is basically the result of putting right our wrong relations to our body, to other people... and to our own (seemingly) complicated minds with their emotion and instincts at war with one another and not properly understood or accepted by our self, what we usually call ‚I‘ or ‚me‘. The healing, life enhancing process is one of reorganization, reintegration of things which have come apart.“

**LAURENCE J. BENDIT, M.D.**

„A major purpose of Aikido is to end the illusion of separation which is at the root of conflict., at the deepest level it means to end the illusion of time and space.“

**PETER SHAPIRO SENSEI**

Somato Respiratory Integration (SRI) was developed by Dr. Donald Epstein, creator of Network Spinal Analysis.

### SCHEDULE

Saturday 11:00 - 18:00 / Sunday 11:00 - 17:00

### COST

CHF 120.-

### FOOD & BEVERAGE

If you can, bring some food/drinks for the group

### ACCOMODATION

It is possible to sleep in the Dojo, bring a sleeping-bag

### REGISTRATION

Registrations in advance are appreciated as places are limited

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### NOTE

The seminar is held in English and French; with translation into German

