



Aikido Seminar - Sakura Dojo, Zentweg 17 C, 3006 Bern

Barbara Imboden Shidoin
Florent Liardet Fukushima
Sara Crawford Fukushima

29./30. March 2025

We are happy to invite you to the Seminar with Barbara Imboden Shidoin, Florent Liardet Fukushima and Sara Crawford Fukushima at the Sakura Dojo in Bern.

Timetable

Saturday:	10.15 – 12.30	Aikido (Bodyart / Weapons)
	12.30 – 14.00	<i>Picknick (please bring it with you)</i>
	14.00 – 17.30	Aikido (Bodyart / Weapons)
	<i>afterward</i>	<i>Dinner</i>
Sunday:	8.45 – 9.30	Zazen
	10.00 – 13.30	Aikido (Bodyart / Weapons)

Fees

Entire seminar	CHF 50.-	(CHF/EUR 35.-)
1 day	CHF 35.-	(CHF/EUR 20.-)
1/2 day	CHF 20.-	(CHF/EUR 10.-)

() Amount in brackets: Reduced costs for young people, people in training or similar; the prices in Euro are for guests from abroad only.

We kindly ask you to bring with you your own picknick. Coffee and tea will be served at the Dojo.

On Saturday dinner together in the dojo or in the restaurant.

Reasonable accomondations are on the following page. If you have a sleeping bag you can also sleep at the Dojo.

The Sakura Dojo is located on the Zentweg 17 C in Bern and is easy to reach by public transport or car. For further details see www.sakura-doj.ch.

In order to simplify the organization of the event, we ask you to register using the following link (Sa, 29.3., 18.15 = dinner):

<https://nuudel.digitalcourage.de/27LGIEgFjz2uk33j>

Further informations and if you have any questions:

Ivo Sonderegger, info@sakura-doj.ch



Accommodation options

Adresses and bookings:

- Bed and Breakfast: <http://www.bnb.ch/>
 - Hotels: <http://www.booking.com>
 - Airbnb: www.airbnb.com (search for bern, zentweg)
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Youth hostels and similar accomodations:

- Youth Hostel Bern <http://www.youthhostel.ch/de/hostels/bern>
 - Bern Backpackers Glocke <http://www.bernbackpackers.ch/>
 - Hostel 77 <https://www.hostel77.ch/>
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Cheap hotels:

- Hotel Landhaus <https://albertfrida.ch/unser-hotel/>
- Hotel-Pension Marthahaus <http://www.marthahaus.ch/>
- Hotel Continental <http://continental-e.bern-hotel.com/de/>
- Hotel Linde, Stettlen b. Bern (car necessary) <https://www.linde-stettlen.ch>
- Hotel Ziegelhüsi, Stettlen b. Bern (car necessary) <https://www.ziegelhuesi.ch/>
- Alpenblick Ferenberg, Stettlen b. Bern (car necessary) <https://ferenberg.ch/zimmer/>

Hotels near the Dojo:

- Hotel Waldhorn <https://www.waldhorn.ch/de/>
 - Hotel Ibis Budget Bern Expo ibis/hotels/bern-switzerland
 - Hotel Bäretower, harry's home, Ostermundigen <https://harrys-home.com/bern/>
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