

# AOX *Aikido* Open Exploration Space



## **Info | Subscription**

Ki & Aikido Dojo Kassel e.V.  
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## **Aikido Essentials** **Exploring ways of communication**

### **Moderation**

Heike Howein ~ Dojo am Fluss e.V. - Nürnberg  
Markus Schein ~ Ki & Aikido Dojo Kassel e.V.

### **Workshop Goals**

We will look deeper into aikido elements, which are expressing particularly clear and beautiful the harmony in the communication between uke + nage.

### **Schedule**

Friday | 28th of February 2025 | 8:00pm – 9:30pm  
Saturday | 1st of March 2025 | 10:30am – 06:00pm | break included  
Sunday | 2nd of March 2025 | 10:00am – 02:00pm

### **Location**

Ki & Aikido Dojo Kassel e.V. | Heckerstraße 30c | 34121 Kassel

### **Participation**

Participation is for free and on your own risk.  
You should bring a sound aikido experience, equivalent to about 1st Kyu at least.  
Guests may sleep in the dojo.  
Modest donations for our dojo are welcome.

