

CRISSOLO

(Valle Po, sul monte Monviso) - IT Piemonte 1400 MASL

Summer Seminar CSEN 2020

Adults and Children

AIKIDO & MISOGI

August 1 – 10, 2020



Shihan **Bruno Maule 9th Dan**

CSEN National Referent for AIKIDO

The seminar is open to everyone after registration

For information:

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 Centro Sportivo Amos Novara – Dojo Ronin Ki Aikido Novara

Dojo Ronin Ki Aikido Novara



PROGRAM:

Saturday, August 1	Welcome to the CITTA' SUL MONTE from 2.00 pm
Sunday, August 2	Start of the seminar at 7.00 am
Sunday, August 9	End of the seminar at 1.00 pm
Monday, August 10	Leave the room free by 9.30 am



ADULT PRACTICE:	<i>MISOGI</i>	from 7.00 am to 8.00 am
	<i>AIKIDO / WEAPONS</i>	from 8.30 am to 1.00 pm
CHILDREN PRACTICE:	<i>AIKIDO</i>	from 10.00 am to 12.00 am

Bring bokken, jo and tanto.

Every participant must be privately insured against possible accidents.

ACCOMMODATION: La Città sul Monte - Crissolo (CN)

MEALS:	Breakfast	at 8.00 am
	Lunch	at 1.30 pm
	Dinner	at 7.30 pm

Vegetarian and vegan menu on request.



Grotta di Rio Martino

Rooms: 2 to 12 people. The house provides sheets and blankets. **Bring towels.**

Floor services, with showers; hot water. Reserved parking. Two large dining rooms. Bar with TV and VCR.

Possibility of video projections, sound diffusion system. Games room equipped. Large multipurpose courtyard with portico, volleyball court and 7-a-side football field.

Collaboration in the dining room is welcome to clear the tables.

LEISURE: Volleyball, table football, table tennis, board games

ESCURSIONS	Pian del Re lakes (2020m)
	The Rio Martino cave (1530m)
	Balma Boves Sanfronzo (16 km from Crissolo)



Lago Fiorenza - Pian del Re

You can also: visit the ancient village of Crissolo, the village Borgo, Ostana (included in the list of The most beautiful villages in Italy), take walks along the Po, along the woods, to the sanctuary of San Chiaffredo, at Pian della Regina (1714m), at the Monte Tivoli (1791m)

We recommend: boots, anorak, sweater and headlamp

Reservations by June 30 2020

Who does not want to stay in the structure can find accommodation at the hotels located in Crissolo.

For information: Tourist Office, Crissolo – cellphone 39 329 210 7681



AIKIDO



WEAPONS



MISOGI