

Women-Aikido-Summercamp 2019 in Manas, South France

with Juta and Silva 21.- 28.7.2019



Juta Looser-Bernard (4. Dan) was born in Switzerland and has been living in Manas for many years where she has her own dojo. She's well known to those women who took part in the first Women Aikido Camps and we're happy to have her as a trainer once again.



Silva Tscharner (5. Dan) was also born in Switzerland and has been living in France for many years where she is teaching Aikido in her open air dojo. She taught the Women Aikido Camp 2017 instead of Juta, who had been injured. And now we'll have them both in one workshop!

Two Dojos, Juta's indoor dojo with 120 square meters and an open air dojo with 77 square meters - many possibilities to practice and enough space for 24 women.

Training schedule

8.15 – 8.45 Meditation
9.00 – 11.45 Aikido, partly in two groups
11.45 – 12.15 coffee/tea break
12.15 – 13.00 Bokken and Jo
13.10 – 13.40 Aiki-Taiso (Centering, grounding, relaxation, breathing)

Afternoons are free, because it's usually very hot in South France during summer time. The surroundings are beautiful and one is free to go exploring. There's also a river nearby to go swimming. Or one can swim in the swimming pool of one of our lodges. Or just relax...

Dates

Sunday 21.7. to get to Manas/ 6 days of practice / sunday 28.7. to get back home

Acoomodation

There are three accomodation facilities within a 10 minute walk from the dojo with double and shared rooms and enough space to host everybody:

„Les Micocouliers“, a rather high end accomodation with kitchen, swimming pool, hammocks and a beautiful view overlooking Manas.

„Le Clos du Moulin Neuf“, an old mansion surrounded by a park, also with a swimming pool open for all Aikido women and a beautiful view. There's also a big dining room where we will have lunch and dinner together.

„La Berthouine“ an old, beautiful renovated house in the middle of Manas, also with a kitchen. One can also pitch a tent in the garden of the dojo or sleep on the tatami inside the dojo. If you want you can also look for a space on your own in one of the surrounding villages. For sure, everyone will find something according to her needs of intimacy, standard and budget.

Meals

We'll have breakfast individually, in the different houses – basic ingredients will be provided. Lunch and dinner will be prepared by our local cook, Hildegard – she will cook organic, regional and vegetarian for all women and we will eat together in the dining room of „Le Clos du Moulin Neuf“.

Costs

-Aikido workshop and food (breakfast basics and common lunch and dinner): 330 to 390€ (depending on how much you can pay)

-accomodation:

Les Micocouliers: 210€ / Le Clos du Moulin Neuf: 170€ / La Berthouine: 120€ / tent oder dojo: 35€

Location

Manas is a small medieval town with 180 inhabitants. It's located in the department Drôme, in the region Auvergne-Rhône-Alpes, east of the Rhône valley, between Valence and Orange. The nearest train station is Montélimar. From Montélimar you can call a taxi for 1€ which will take you to Manas.

How to get there

There's a possibility to charter a bus for a shared journey which would leave from Cologne. Please let us know if you are interested! If you come by train, you have to book a ticket to Montélimar.

Participants

There's enough space for 24 women – we're especially happy to welcome those who just started with Aikido!

Registration

Please send an e-mail to Birgit and Christine (aikidocamp@gmx.net). For further planning, please let us know if you come by bus, train or car if you already have an idea. And please also tell us if you have preferences concerning where you want to stay.

Reductions of the workshop fees are possible. When you get the confirmation of registration we will ask you to pay a deposit of 100€. If you can't participate – and if we're not able to find someone to take your place – 25€ of the deposit will remain with us.

Links

Jutas Dojo: www.dojodemanas.fr

„Le Clos du Moulin neuf“: www.pour-les-vacances.com/site-13185

„La Berthouine“: <http://berthouine.free.fr/>

Frauen-Aikido-Camps: www.women-aikido.jimdo.com

Further questions?

Send an e-mail to: aikidocamp@gmx.net

We're very happy to see you soon on the tatami!

Birgit and Christine