

AXIS & AIKIDO WORKSHOP

ANATOMY / MOVEMENT / INTEGRATION

27-31 DECEMBER 2026

MORNINGS 09:30-12:30 | AFTERNOONS 15:00-17:00



AMANDA JAEGER-HERZOG | 4TH DAN AIKIKAI
CORNELIUS JAEGER-HERZOG | 5TH DAN AIKIKAI

Five days of anatomical movement study through the Axis Syllabus and Aikido,
centred on self-research, shared inquiry and the exchange of movement

WHAT TO BRING

Bring your **keikogi and hakama**, although we will wear them only occasionally. For most sessions, bring **track pants without zips or buttons**, T-shirts, preferably long sleeves, and socks for floor work.

FOR STUDY

A **notepad and pencil** are preferred. If possible, please leave iPads, tablets, reMarkables and other digital devices at home.

ACCOMMODATION

Please reach out if you need help finding a place to stay.

DINNER TOGETHER

Wednesday, 30 December 2026

REGISTRATION & FEES

Please register in advance.

Early-bird fee until 31 October 2026:

CHF / EUR 325

Workshop fee: **CHF / EUR 375.**

Single day: **CHF / EUR 100**

The one-day fee is the same whether you join the morning, afternoon or both.

Swiss residents: please pay in CHF. Participants from abroad may pay in EUR.

If the workshop is too expensive, please reach out. We will find a solution.