

NOLA Aikido Friendship Seminar with Sonja Sauer Sensei

5th Dan Aikikai

Weekend of May 10 - 12, 2024



Schedule:

Friday, May 10th
6:30pm-8:30pm

Saturday, May 11th
10:00am-12:00pm
3:00pm-5:00pm

Sunday, May 12th
11:00am-1:00pm

Fees:

Whole Seminar: \$130
(Pre-Registration by April 12)

Whole Seminar: \$150
(At the Door)

Per Class: \$50

3909 Bienville Street, Suite 103  New Orleans, LA 70119

Sonja Sauer Sensei runs a dojo together with her husband Peter Menke Sensei in Duisburg, Germany (Aikido im Hof), where she teaches and trains with kids, youth and adults.


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"After having practiced aikido for 23 years now, my fascination with and love for this beautiful art still seems to grow deeper every year. Deeply inspired by the teachings of Jan Nevelius Shihan and Jorma Lyly, I find particular joy in trying to improve our movements through studying the side of uke in our waza, and deepening our understanding of the inner communication between uke and tori. Blending form/structure/ sharpness and contact/communication/softness drives me both in my own learning process as well as in my teaching. And on top of all of this, aikido is simply great fun!"