

III INTERNATIONAL KARATE-DO & YOGA COURSE

july 6th - 10th, 2011
Cadiz • Spain

Karate-do

Polideportivo El Náutico
Plaza de Filipinas

Wednesday 6th

19:00 - 21:00

Thursday 7th

18:00 - 19:00 *

19:30 - 21:00

Friday 8th

8:00 - 9:15 (beach)

11:30 - 13:00

19:00 - 20:30

Saturday 9th

10:00 - 11:30

11:45 - 13:15

Sunday 10th

10:00 - 11:30

11:45 - 13:15

Saturday afternoon:
Kayak route

*Yoga for Karate

Whole course (10 ses.): 75 €

Weekend (Sat-Sun): 55 €

2 sessions: 30 €

Yoga

Gimnasio Cerro del Moro
Avda. Segunda Aguada 10

Wednesday 6th - Sunday 10th
08:30 - 09:30 y 11:00 - 13:00

Whole course: 50 €

1 day: 15 €

EXTRA
Activities
Dinner - Party
Beach - Kayak ...



Sensei Dirk Heene
8th Dan Kase Ha
(Belgium)

