



HONBU DOJO LIMBURG

KARATE – QI GONG – ENERGETIC EXERCISES

26 – 30 AUGUST 2015

Dirk Heene

(karate 8th Dan)

Dagmar Vogelsteller

(qi gong and energetic exercises)

Martina Vantournhout

(qi gong and energetic exercises)



Wednesday 26 August

19.00 energetic exercises 20.00

Thursday 27 August

9.30 energetic exercises 11.00 and 20.00

Friday 28 August

Sunday 30 August

9.30 energetic exercises 11.00

KARATE

Saturday 29 August

KARATE

KARATE

KARATE: 1 training: € 7

Whole course: € 50

Qi gong: 1 training: € 7

Whole course: € 30

**Please inscribe before August 15th, the
places are limited.**

Sleeping and breakfast in dojo:

€ 10 per night

Honbu Dojo – Herkenrodebosstraat 40

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