



HONBU DOJO LIMBURG

KARATE - QIGONG ENERGETIC EXERCISES

22 – 26 AUGUST 2018

Dirk Heene

(karate 8th Dan)

Peter Peschel

(qi gong and energetic exercises)

Martina Vantournhout

(qi gong and energetic exercises)

(There is also a possibility to have a private reiki or shiatsu session with Martina. You can make an appointment during or before the course).



Price

Whole course karate **or** Qi Gong: € 50

Whole course Karate **and** Qi Gong: €90

One session karate or Qi Gong: € 10

Sleeping and breakfast in dojo: € 10 per night

Venue

Sportshall: KTA1 Hasselt

Vildersstraat 18 – 3500 Hasselt

and

HonbuDojo – Herkenrodebosstraat 40 3511 Kuringen

Info

Dirk Heene: +32.495/50.27.65

Martina Vantournhout: +32.496/54.70.77

Yvette Martens: +32.479/31.84.40

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TIMETABLE

Wednesday 22/08	20.00– 21.30	KARATE	HONBU DOJO
Thursday 23/08	9.30 – 11.00	QI GONG	SPORTSHALL
	11.30– 13.00	KARATE	SPORTSHALL
Friday 24/08	13.30– 14.30	QI GONG	SPORTSHALL
	19.00– 20.30	KARATE	SPORTSHALL
Saturday 25/08	9.30 – 11.00	QI GONG	SPORTSHALL
	11.30– 13.00	KARATE	SPORTSHALL
	13.30– 14.30	QI GONG	SPORTSHALL
	15.00– 16.30	KARATE	SPORTSHALL
	19.00	DINNER	
Sunday 26/08	9.30– 11.00	QI GONG	SPORTSHALL
	11.30– 13.00	KARATE	SPORTSHALL

