



AIKIDO BALERNA



INTERNATIONAL AIKIDO SEMINAR

13th – 14th – 15th October 2023

community gym

CH – 6828 Balerna, Via San Gottardo 90a

(free parking permit available in the gym)

with

Maurizio Volpe e Bernhard Boll

organized by

Associazione Ticinese Ki Aikido, Balerna (TI) Switzerland

www.aikido-balerna.ch

contact: segreteria@aikido-balerna.ch

Program

Friday	13 th October	19.30 - 21.00
Saturday	14 th October	09.00 - 12.00 16.00 - 18.00 18.00 examinations
Sunday	15 th October	09.00 - 12.00

costs

complete seminar	40 €
only Friday	10 €
Saturday and Sunday	30 €
only Saturday	20 €
Sunday	15 €

overnight stays in hotels in the area, reservation to be made privately

Lunch and dinner

Friday night, 13th October 2023, 22.00 h – in dojo

Pizza

rice and vegetarian spring rolls

offered by Associazione Ticinese Ki Aikido Balerna

Saturday, 14th October 2023, 13.00 h

Lunch c/o Grotto del Mulino, Morbio Inferiore (National Park Breggia Canyon)

Menu: local polenta, veal roulades, luganiga sausage with sauce of onions

vegetarian: mixed salad with cheeses from Valle di Muggio, mushroom risotto

water in the carafe, one coffee or one limoncello,
other drinks are to be paid

CHF 25 / € 25 (pay before cash in the dojo)

Saturday night, 14th October 2023, 20.00 h

Dinner c/o Ristorante Stazione, Balerna

menu à la carte

Sunday, 15th October 2023, 13.00 h

Lunch c/o Grotto del Mulino, Morbio Inferiore (National Park Breggia Canyon)

menu à la carte

For all meals, we need your registration

(e-mail: segreteria@aikido-balerna.ch)

please tell us at least

until Friday, 6th October 2023

Getting to the gym in Balerna:

by car from north
by car from south

A2 from Lugano, exit no. 53 Chiasso, two roundabouts to Balerna, ca. 700 m, Via Municipio.

Autostrada dei Laghi, ultima uscita per Como (last exit for Como), direction "Svizzera", customs Chiasso, follow direction Balerna, Via Municipio.

by train

to station FFS Chiasso (or to station FFS Balerna with local train TILO S10).

If you get off the train at station FFS Chiasso take the bus Autolinea Mendrisiense and get off at Balerna-Piazza, on foot in Via Municipio, gym in 150 m;

if you get off the train at station FFS Balerna on foot steeply over Via Stazione to Via Municipio.

See you soon on our tatami !

