AIKIDO BALERNA

INTERNATIONAL AIKIDO SEMINAR

16-17-18 October 2026

at municipal gym
CH – 6828 Balerna, Via San Gottardo 90a
(free parking with a municipal permit)

with Shihan

Maurizio Volpe and Bernhard Boll

organized by

Associazione Ticinese Ki Aikido

contact: segreteria@aikido-balerna.ch

program

Friday	**16 October**	**19:30 - 21:00**
Saturday	**17 October**	**09:00 - 12:00** **16:00 - 18:30**
Sunday	**18 October**	**09:30 - 12:00**

costs

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

lunches and dinners

Friday evening, October 16, 21:30 (in the dojo)
pizzas, rice/farro salad and vegetarian spring rolls, mineral water and beers

dinner offered by Associazione Ticinese Ki Aikido Balerna

****

Saturday, October 17, 13:00

lunch at Grotto del Mulino, Morbio Inferiore (Parco delle Gole della Breggia)
menu: local polenta, luganiga sausages, roulades, onion sauce
vegetarian: rich autumn salad + cheese from Muggio valley, pumpkin and mushroom risotto
water in a carafe

desserts and other drinks have to be paid extra

€ 30 CASH payment at the reception upon arrival at the gym

****

Saturday evening, October 17, 19:30/20:00

dinner at Ristorante Stazione, Via Stazione, 6828 Balerna
aperitif
pumpkin and gorgonzola cream
choice between spaghetti with cheese and pepper and paccheri alla Norma
water in a carafe
wine and beer at your discretion

desserts, spirits and other drinks have to be paid extra

€ 35 payment at the restaurant cashier

****

Sunday, October 18, 13:00

lunch at Grotto del Mulino, Morbio Inferiore (Parco delle Gole della Breggia)

à la carte menu

Reservations required for all meals by Friday, October 9, 2026

Help us give you the best welcome by confirming your participation at the seminar
participants must have private accident insurance

see you soon on our tatami !

Aikido Balerna