

You are hereby invited to

Velebit 2019

Aikido Summer Seminar with Doshu

The perfect place for aikido
Hiking in the beautiful Velebit Mountain and swimming in the Adriatic Sea (Karlobag)

DATES: 02 – 07 August 2019
LOCATION: Baške Oštarije (Velebit Mountain)
18km from Karlobag (Adriatic Sea).
SEMINAR FEE: 100€ all, 120€ instructors

FRI - 02.08.	SAT - 03.08.	SUN - 04.08.	MON - 05.08.	TUE - 06.08.	WE - 07.08.
	07:00-08:00 MORNING PRACTICE	**07:00-08:00** MORNING PRACTICE	**07:00-08:00** MORNING PRACTICE	**07:00-08:00** MORNING PRACTICE	**07:00-08:00** MORNING PRACTICE
	08:00-09:30 BREAK	08:00-09:30 BREAK	08:00-09:30 BREAK	08:00-09:30 BREAK	08:00-09:30 BREAK
	09:30-11:00 ALL	**09:30-11:00** ALL	**09:30-11:30** ALL	**09:30-11:00** ALL	**09:30-10:30** INSTRUCTORS
	11:00-12:00 INSTRUCTORS	**11:00-12:00** INSTRUCTORS	**11:30-12:30** INSTRUCTORS	**11:00-12:00** INSTRUCTORS	**10:30-12:00** ALL
	12:00-17:30 BREAK	12:00-17:30 BREAK	**14:30-18.00** HIKING	12:00-17:30 BREAK	
	17:30-19:00 ALL	**17:30-19:00** ALL	**18:30-20:00** FREE PRACTICE	**17:30-19:00** ALL	
19:30 - 21:00 ALL	**19:00-20:00** INSTRUCTORS	**19:00-20:00** INSTRUCTORS		**19:00-20:00** INSTRUCTORS	
				21:00 PARTY	

ACCOMMODATION: (BOOKING VIA MANJOSTER@GMAIL.COM)
- Camp Velebit – 200m from the seminar location (tents, hobbit houses, bungalows, bunk beds above the reception); 8-15€ per night/per person
- Hostel Baške Oštarije – 400m from the seminar location; ~12€ per night/per person

OTHER OPTIONS:
- Mountain hut Vila Velebita – 150m from the seminar location. Available for hiking club members.
- Camp Rizvan city – 12 km from Baške Oštarije.
- Karlobag city – 18 km from Baške Oštarije, apartments & hotels

FOOD:
Organized meals in the hostel (vegetarian option available) 4-5,5€ per meal, must be pre-ordered during seminar registration.

TRANSPORT:
Whether you arrive via Zadar, Pula, Rijeka or Zagreb airports, or by train/bus, transportation to seminar location can be organized.

FURTHER INFO:
Aikidozg.com web page (https://bit.ly/2pDjRry)
Facebook event (https://bit.ly/2UwXRgm)

REGISTRATION / Q&A
to Marijan Kudrna (manjoster@gmail.com)

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