

合氣道



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**Residential Aikido Camp  
with Michele Quaranta 6th Dan  
31.05.2013 to 03.06.2013**



**Venue:**

**Bluestack Centre, Drimarone,  
Letterbarrow, Co.Donegal**

**Schedule:**

**Friday:**

**4.00am - 5.30pm:**

**Registration and room/bed allocation**

**7.00pm - 9.00pm: Aikido**

**Saturday and Sunday:**

**8.00am - 9.00am: Aikiken/Aikijo**

**10.30am - 12.30pm Aikido**

**4.30pm - 6.30pm Aikido**

**Monday**

**8.00am - 9.00am Aikiken/Aikijo**

**10.30am - 12.30pm Aikido**

**Course Fee:**

**Aikido Training and Accomodation  
€80 normal or €70 student/unwaged.**

*Full attendance only, Please return €30 booking fee to your dojo instructor by Monday 22nd of April.  
Book early to avoid disappointment course Only 28 Beds available. Beds will be allocated on a first  
come first served basis. After 29th place people can sleep on tatami with sleeping bag.*

**Contact: +353 (0) 87 6693711**

**[www.Aikikailreland.ie](http://www.Aikikailreland.ie)**

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### Course Location:

Bluestack Mountain Centre, Letterbarrow, Drimarone, Co Donegal.



### About the Bluestack Centre:

The residential training camp with Michele Quaranta Sensei will be held in the Bluestack Centre, County Donegal.

The centre is situated in an idyllic tranquil location right beside the magnificent Bluestack Mountains in Drimarone, Co. Donegal, perfect for those looking for a quiet location away from the hustle and bustle of everyday life and also providing a perfect opportunity to explore the wonderful Irish countryside.

The centre contains 28 bed accommodation, a fully equipped self-catering kitchen an impressive main hall, and also outdoor tennis/basketball courts.

### How to get there:

From Donegal Town, take the N56 signposted for Ardara / Killybegs.

At the first roundabout adjacent to the Statoil Service Station take the roundabout exit signposted for Letterbarrow / MillPark Hotel / Bluestack Centre.

Pass the Mill Park Hotel entrance on your right hand side and continue along the road for approximately 6.5Km (4 miles), following the white signs for Letterbarrow & the brown signs for Bluestack Centre.

You will arrive at a "T" junction, take a right at the junction, signposted for Bluestack Centre.

Then cross a small stone bridge and immediately after the bridge take a left.

You will pass O'Neills pub on your left and a small housing estate on your right.

The Bluestack Centre is the large stone building located on the right hand side, adjacent to Drimarone Chapel.

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