

合氣道



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Residential Aikido Camp with Michele Quaranta Shihan 6th Dan 03.06.2016 to 06.06.2016



Venue:

Bluestack Centre, Drimarone,
Letterbarrow, Co.Donegal

Schedule:

Friday:

11.00 - 12.00:

Registration and room/bed allocation

12.30 - 14.00 Aikido

17.30 - 19.00: Aikido

Saturday and Sunday:

08.00 - 09.00: Aikiken/Aikijo

10.30 - 12.30 Aikido

16.30 - 18.30 Aikido

Monday:

08.00 - 9.00 Aikiken/Aikijo

10.30 - 12.00 Aikido

Course Fee:

Aikido Training and Accommodation

€80 normal or €70 student/unwaged

Full attendance only, Please complete online booking form here <http://goo.gl/forms/Vx4Wl12KMa> filling form is binding. After completing form return course fee to your dojo instructor in advance of the course 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

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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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