

Accommodation:

- 3 meals a day in the local canteen
- lodging in 2, 3, 4-person cabins or in a tent

Full accommodation: 70 zł/day

Lodging only: 40 zł/day

Tent (irrespective of the number of people): 35 zł/day

Payment for the accommodation - directly
in the resort;

Booking: Eugenia Pacewicz, tel: 606 412 777

Ośrodek Wypoczynkowy 'Pod Sosną'
17-300 Siemiatycze, Wólka Nadbużna
<http://knieja.wix.com/podsosna>

Trainings:

Aikido: 9:30 - 11:00, 11:15 - 12:45

Aikishintaiso: 17:00 - 18:30

First training: 4 August at 11:00

Fees:

Aikido + Aikishintaiso: 300 zł

Aikido: 250 zł

Aikishintaiso: 150 zł

One training: 30 zł

Patrick Matoian Shihan (6 dan NDBK)
Wólka Nadbużna, 4 - 10 August 2014

Aikido & aikishintaiso summer seminar

