



SYSTEMA

SCHULE  FRANKFURT



Sharon Friedman

Systema Israel, Tel Aviv

Friday 28. March 2014 20-22 (indoor)

Learning to move through your partner on the ground and standing variations

Saturday 29. March 2014 11-14 (indoor)+ 15-18 (outdoor)

Knife and sword/stick work for self development and awareness and also for solving conflicts

Sunday 30. March 2014 10.00-13.00 (indoor)

Breath solo work and partner work for a clean honest psyche and movement from the breath

Fees 90 €, reduced 60 € - Sat-Sun 80 € - Sat 60€

You may sleep in the dojo. Please bring a sleeping bag and matress.

Seminar will be held in English.

Subscription: info@systemasschule.de

Limit of participants: 30