



SYSTEMA

FRANKFURT

proudly invites

Sharon Friedman

from Systema Tel Aviv

The Inner sword

Learning to remove excess with the blade

Friday 10. April 2015 19.00-22.00

Saturday 11. April 2015 10.00-13.00

14.00-17.00

Fee whole seminar 80 Euros

Saturday only 60 Euros



We will **start** with understanding the tension that is holding us in the path of the blade and how to become aware of it and harness it ourselves.

We will **continue** with understanding how we determine our location, reach and point of view and how we can release the anchors that are holding us from acting instead of reacting.

We will **end** with the use of swords as a tool of sharpening our attention to our freedom with and without breath and how accepting reality is a path of freedom and personal realization unlike any other.

Adress: Alt-Bornheim 35, 60385 Frankfurt

Subscribe: info@systemaschule.de

How to come here by train:

From Frankfurt Hauptbahnhof take the Underground line U4 direction Enkheim and step out at Bornheim Mitte. Walk the Berger Straße about 500 mtrs upwards, go left into the street Alt-Bornheim.

The Frankfurt systema school is located on the left hand side - c/o SEISHINKAI