

# AIKIDO SEATTLE

AN INTERNATIONAL FRIENDSHIP DOJO

合気道

Aikido Seattle Presents

## SONJA SAUER SENSEI

4th Dan Aikikai

October 11-13, 2019

Sonja Sauer Sensei, 4th Dan Aikikai, lives and teaches Aikido in Duisburg, Germany, where she runs Aikido Im Hof dojo together with her husband Peter Menke. Her main influences are Jan Nevelius Shihan and Jorma Lyly Sensei from Stockholm. Sauer Sensei's Aikido is soft and powerful, and her teaching is clear and engaging.

This friendship seminar will explore the physical dialogue between uke and tori, and will emphasize uke's role in that dialogue. Sauer Sensei will also guide us through techniques and exercises that encourage us to find more freedom in our bodies.

### Schedule

Friday	6:30 - 8:00 pm
Saturday	10:30 - 12:30 pm
	2:30 - 4:30 pm
Sunday	9:30 am - 11:00 am

Saturday night party will start at 7:30 pm

### Location

Aikido Seattle  
1004 Turner Way E  
Seattle, WA 98112

Contact: 801.245.0175 | [dojo@aikidoseattle.org](mailto:dojo@aikidoseattle.org)



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### Registration

All styles and affiliations welcome.  
For more information and registration:  
<https://aikidoseattle.org>

Until September 30, pre-registration \$120  
After September 30,, full registration \$130