



# HONBU DOJO LIMBURG

## KARATE - QIGONG ENERGETIC EXERCISES

**22 – 26 AUGUST 2018**

### Dirk Heene

(karate 8th Dan)

### Peter Peschel

(qi gong and energetic exercises)

### Martina Vantournhout

(qi gong and energetic exercises)

*(There is also a possibility to have a private reiki or shiatsu session with Martina. You can make an appointment during or before the course).*



### Price

Whole course karate **or** Qi Gong: € 50

Whole course Karate **and** Qi Gong: €90

One session karate or Qi Gong: € 10

*Sleeping and breakfast in dojo: € 10 per night*

### Venue

Sportshall: KTA1 Hasselt

Vildersstraat 18 – 3500 Hasselt

and

HonbuDojo – Herkenrodebosstraat 40 3511 Kuringen

### Info

Dirk Heene: +32.495/50.27.65

Martina Vantournhout: +32.496/54.70.77

Yvette Martens: +32.479/31.84.40

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### TIMETABLE

<b>Wednesday 22/08</b>	20.00– 21.30	KARATE	HONBU DOJO
<b>Thursday 23/08</b>	9.30 – 11.00	QI GONG	SPORTSHALL
	11.30- 13.00	KARATE	SPORTSHALL
<b>Friday 24/08</b>	13.30- 14.30	QI GONG	SPORTSHALL
	19.00- 20.30	KARATE	SPORTSHALL
	19.00	DINNER	
<b>Saturday 25/08</b>	9.30 – 11.00	QI GONG	SPORTSHALL
	11.30- 13.00	KARATE	SPORTSHALL
	13.30- 14.30	QI GONG	SPORTSHALL
	15.00- 16.30	KARATE	SPORTSHALL
<b>Sunday 26/08</b>	9.30- 11.00	QI GONG	SPORTSHALL
	11.30- 13.00	KARATE	SPORTSHALL

