

MARTIAL ARTS TRAINING WEEK FOR WOMEN

PYRENEES 2011

24.- 30.7.11

www.pyreneesweek.com
c/o M. Rohner, Karl-Marx-Str. 58, D-12043 Berlin

Dear women martial artists,

We are happy to announce next summer's Training Week in the Pyrenees – it's No. 13!

This year we have again invited teachers who will adopt their teaching concept to a mixed group and we have created a programme with which you will improve your own martial art. Classes will be offered in:

Capoeira Forms Fighting Aoki-Bioenergy

You can choose up to three trainings. Each class runs through the whole week and will be taught for women coming from different styles and with different levels of experience.

Who is the Training Week for? The week is meant for women or teenage girls (from 16 years up) who have been studying a martial art for at least one year. 29 women can participate altogether.

Teachers:

Birgit Tönnis from Berlin, Germany, has been practicing martial arts for 32 years. She is a 4th Dan in Wado Ryu Karate and a 2nd Dan in Kickboxing. She has won various competitions and teaches in Berlin since 1983. Birgit was German Karate organisation DKV's national coach for women in kumite and vice-coach for Berlin. She will teach the **Fighting Class**.

Claudia Malvadeza Coelho from Brazil has been teaching Capoeira in her own school in Basel, Switzerland, since 1994. She will teach **basic Capoeira techniques** and offer exercises, alone and with partners, to get ready to "play" - that's how the fighting is called in Capoeira. We will fight in an exceptionally playful way in continuous motion, like dancing, and with traditional music and much fun.

Ines Perea from Berlin, Germany, has been practicing Quan Dao Kungfu since 1996. She

teaches a Quan Dao Kungfu women's group in Berlin since 1999. Ines will teach the **Forms class**. In the Forms class you practice your own forms/katas/pomse with special focuses and input given by the teacher. It will considerably improve your forms.

Li Schlüter from Bonn, Germany, has been practicing Kung Fu ToA since 1989. She also studies Aoki-Bioenergy and Sufi meditation. Li will teach **Aoki-Bioenergy**, which is a special Japanese style of Qigong, and invite you to meditations in the morning.

Lodging, Menu and Training Spaces:

The site is situated in the Catalonian Pyrenees on the Spanish side in the middle of beautiful nature. You will be accommodated in a big old Pyrenees house. You can choose between three accommodations:

- camp right at the house
- a spacious room for a group of women
- a double room, three or four-bed bedrooms with bathroom

The staff will cook for us. At midday and in the evening the menu includes a warm vegetarian dish. We have the use of beautiful outside spaces to train. The house and the training spaces are quite simple but beautiful.

By car it's two hours to Barcelona and there are many places worth visiting and things to do.

Accessibility:

- If you are **differently challenged** please get in touch with us in order to find out whether we are able to teach you and whether the training we offer is worth for you to come. Unfortunately, the place is not wheelchair accessible.
- **Food** will be vegetarian. Meat/fish eaters will get some once in a while
- **No pets** allowed.

Costs:

include training, accomodation & all meals.

- camping € 395
- group room € 430
- bedroom (2-4) with bathroom € 545

If you registrate on or after 1st May 2011 the costs will be higher

- camping € 525
- group room € 560
- bedroom (2-4) with bathroom € 675

Registration:

You can register sending (or e-mailing) the registration form to:

Pyrenäenwoche c/o Mascha Rohner
Karl-Marx-Str. 58, D-12043 Berlin

Registration is **only valid after paying** the first part of the fee of € 200 to the account:

Mascha Rohner
Bank: Postbank Koeln
Bank No.: 370 100 50
Account No: 22 30 16 503
IBAN: DE54370100500223016503
SWIFT/BIC: PBNKDEFF
Keyword: "Pyrenees 2011"

You only get a place after our receiving your first payment. The rest will be payed cash upon arrival.

You will receive a **confirmation letter** with all the necessary information around 10th June.

Please put your bank account in the registration in case the week is already full.

29 women maximum can participate, so apply early.

Last day of registration: 31st May.

Refunds: If you cancel your registration before 1st June we pay your money back holding € 15,- for cancelling; from 1st June on we do not refund.

If you need any extra information please e-mail (mascha.rohner@gmx.de, Li-Schlueter@gmx.de) or phone (Mascha: +49 30-52680862, Li: +49 228-26 37 59)

We are looking forward to another special Week with all of you!

Li Schlüter and Mascha Rohner

Registration

Name

Address

Phone

E-mail:

Age:

I pay € (please mark):

€ 395 € 430 € 545

on or after 1.5.11:

€ 525 € 560 € 675

I would like to share a

2 3 4 bedroom with:

Experience (style, how many months, years and trainings per week):

What languages do you speak?

I whould like to eat

- meat
 fish/seafood

...once in a while?

Bank account:

Anything else that we need to know:

Signature (parents if not of age)