

**FEBRUARY, 4 - 5, 2012**

**AIKIDO 'NOMAD SEMINAR' with**

**Carolina van Haperen, 4<sup>th</sup> dan**

**Thorsten Markmann, 3<sup>rd</sup> dan**

**Gunter Heinz, 2<sup>nd</sup> dan**

**IN  
BOCHUM,  
GERMANY**

**Saturday February 4<sup>th</sup>:**

**10:00-11:00 Aikido Kids Class, all ages. Instructor Carolina**

**11:15 - 13:00 Aikido Adults. Instructor Gunter**

**14:00 - 15:45 Aikido Adults. Instructor Thorsten**

**16:30 - 18:15 Aikido Adults. Instructor Carolina**

**Group dinner after the seminar**

**Sunday February 5<sup>th</sup>:**

**11:00 – 14:00 Aikido Adults.**

**All instructors in 'Aiki-Dialogue-Dynamics'**

**Seminar Fee : 40 euro, adults, for the whole seminar**

**Location: Alleestr. 24 (in the yard), 44793 Bochum, Germany**

**Registration & info: Thorsten.Markmann@gmx.net**

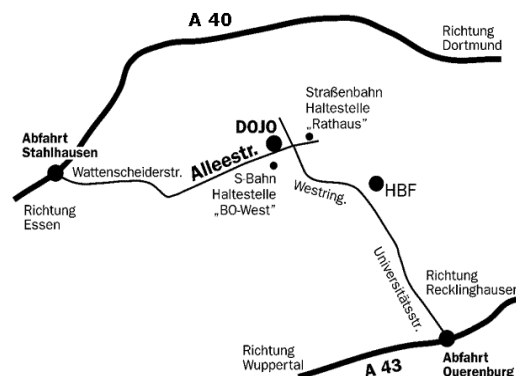
**Please registration before January 28<sup>th</sup>, 2012**

**For instructors background, see page 2**

**See also website [www.aikido-bochum.de](http://www.aikido-bochum.de)**

**THIS 'NOMAD SEMINAR'  
IS AN INITIATIVE  
TO JOIN DOJO'S IN  
THE PERSPECTIVE OF  
EVOLUTIONARY AIKIDO**

\*) Directions by car: A40, Turnoff Bochum-Stahlhausen, Ring Bochum Zentrum, left into Alleestraße, till short before Westring, on the left side is a matrace-shop, right before there is a backyardentry. From Bochum MainStation: S-Bahn RB45 till stop Bochum-West (is right in front of the Dojo). Via Tram: Line 302, 310 or 345: Stop: Rathaus, then along Alleestr., walk away from the City-Center, behind Westring the Dojo is on the right side.



# FEBRUARY 4-5, 2012 – BOCHUM, GERMANY

## AIKIDO 'NOMAD SEMINAR' – INSTRUCTORS INFO

### CAROLINA VAN HAPEREN, 4<sup>th</sup> dan



Carolina has been studying the art of aikido since 1997 and has spent 1 ½ years as uchideshi in California, USA, and 2 years full time as co-instructor at Aikido Montreux in Switzerland. In Holland she was 2 years co-instructor at Takemusu Aikido Kioyukai Nederland in Naarden. Her technical background is Iwama Ryu, or Takemusu Aikido, of late M. Saito Sensei (9th dan). Besides the technical domain her interest lies also in the intrinsic principles and perspectives towards freedom and transformation. Aikido teachers that inspires her are Patrick Cassidy, Lewis de Quiros, Robert Nadeau Shihan, Richard Moon, Miles Kessler, Kayla Feder, Peter Ralston.

She has experience in teaching classes since 2001. She is leading her own dojo, Integral Aikido A'dam, since 2009 and is teaching classes to adults and kids.

Carolina is also certified psycho-social counselor and mindfulness trainer.

"It is through my own experience that aikido is and integral way that invites me to look into the relationship with myself and with others. And to connect to the inner desire for freedom, healing and transformation in the face of conflict or stress in this life time. I hope that I can share my passion of this art with all participants of this seminar."

[www.aikiconact.nl](http://www.aikiconact.nl)

### THORSTEN MARKMANN, 3<sup>rd</sup> dan



He started his martial arts career in 1972 with Judo and Aikido since 1981. His technical background started with Asai Shihan and many of his students like Roland Hofmann, Dieter Löpke. Many international shihans like Yamaguchi Sensei, Tada Sensei, Yamada Sensei, Fujimoto Sensei, Fujita Sensei, Sugano Sensei, Tissier Sensei, Nadeau Shihan, he had the chance to learn from. Friends and teachers like Christoph Biele from Bochum, Renato Filippin of The Aikido School of St. Gallen, Switzerland were of great value.

He studied Body Psychotherapy in Switzerland with Drs. David & Silvia Boadella at The International Institut for Biosynthesis in Heiden and earned a degree as a certified Movement Teacher from the Dore Jacobs School of Movement in Essen, Germany. After teaching aikido for more then 20 years he realized that there was still more to be found and it was the evolutionary aikido, as presented by Patrick Cassidy Sensei and Miles Kessler Sensei which became a new perspective and an ongoing process to be shared with his students.

"I believe in opening up and sharing more light with everybody who is willing to, everyday in life. My interest in the seminar is to be part of a procreative process that is going to unfold to new perspectives for everybody."

[www.aikido-bochum.de](http://www.aikido-bochum.de)

### GUNTER HEINZ, 2<sup>nd</sup> dan



Gunter got introduced to Aikido back in 1994 and started practicing Aikido regularly in 1999.

Technically his roots lie in the Iwama-Ryu or Takemusu Aikido curriculum.

Besides the technical perspective Gunter is exploring the aspects of non-violence and the link between the regular Aikido-training and everyday life. He is looking towards a deeper realization of oneness (as a being as well as a part of a greater community/the world).

Gunter's Aikido has been mainly influenced by his teacher, Patrick Cassidy. Studies, such as Seminars, workshops and uchideshi programs with different teachers in Great Britain, Germany, France and Switzerland have deepened his dedication to the art.

Gunter started teaching Aikido in 2003 and leads an Aikido-dojo in Erfurt, Germany.

"Joint practice and exploration is a key to understanding and trust.

My intension for our seminar in Bochum is to explore and to exchange about Aikido and life together and through exchange that we can establish and strengthen the sensation of a community."

[www.aiki-dojo-erfurt.de](http://www.aiki-dojo-erfurt.de)

#### Saturday February 4<sup>th</sup>:

- 10:00-11:00 Aikido Kids Class, all ages. Instructor Carolina
- 11:15 - 13:00 Aikido Adults. Instructor Gunter
- 14:00 - 15:45 Aikido Adults. Instructor Thorsten
- 16:30 - 18:15 Aikido Adults. Instructor Carolina

#### Sunday February 5<sup>th</sup>:

- 11:00 – 14:00 Aikido Adults.

All instructors in 'Aiki-Dialogue-Dynamics'



Seminar Fee : 40 euro, adults, for the whole seminar  
Location: Alleestr. 24 (in the yard), 44793 Bochum, Germany  
Registration & info: [Thorsten.Markmann@gmx.net](mailto:Thorsten.Markmann@gmx.net)

**THIS NOMAD SEMINAR IS AN INITIATIVE TO JOIN DOJO'S  
IN THE PERSPECTIVE OF EVOLUTIONARY AIKIDO**