



**Pascal Guillemain (5<sup>th</sup> dan)**  
**gives a seminar in Helsinki (Finland)**  
**on January 13–15, 2012**

**Venue:** Liikuntamyly Sports Hall, Myllypurontie 1, Helsinki.

**Schedule:**

<b>Friday Jan. 13:</b>	19.00–21.00
<b>Saturday Jan. 14:</b>	10.00–12.00 15.00–16.00 <i>tanto</i> 16.00–17.00
<b>Sunday Jan. 15:</b>	9.00–10.30

**Fees:** Whole seminar: 50 €  
Two days: 40 €  
One training session: 15 €

**NB:** Two saunas and a swimming pool are reserved for people attending in the seminar on Saturday from 17.00. Bring your swimsuit!

**Accommodation:** Possibility to stay overnight at the *dojo* of Awase Club (Cable Factory, Tallberginkatu 1 C, 4<sup>th</sup> floor). Free of charge. Bring your sleeping bag!

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The seminar is organised by Finn-Aiki ja Awase Clubs

Welcome! ☺