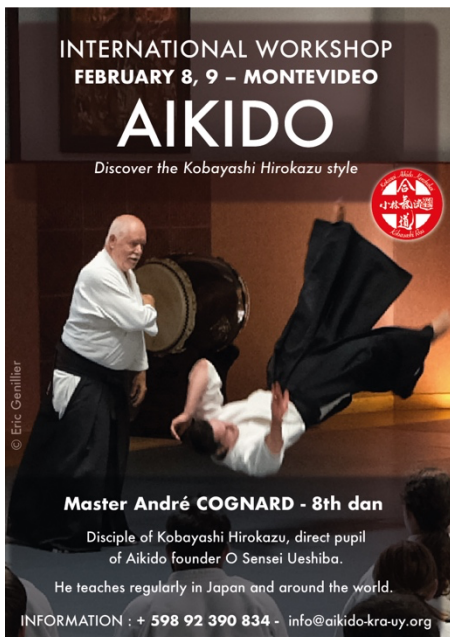


Aikido and aikishintaiso Workshop with Maestro Cognard and Cognard Shihan in Montevideo (Uruguay)



Program:

Friday February 7: evening - Aikishintaiso, Cognard Shihan
Saturday, February 8: morning - Aikishintaiso, Cognard Shihan
Saturday, February 8: afternoon - Aikido, Cognard Hanshi
Sunday February 9: morning - Aikido, Cognard Hanshi

Prices:

Full aikido + aikishintaiso seminar: UYU\$ 3,000 - USD 70
Aikishintaiso seminar: UYU\$ 1,500 - USD 35
Aikido seminar: UYU\$ 2,000 - USD 50
Half-day: UYU\$ 1,500 - USD 35
Full seminar + event organization support: from UYU\$ 3,500 - USD 80
Registration "sponsor" (including complete workshop): from UYU\$ 3,500 - USD 80

Early registration (before January 15, 2025), FUA* members, -18 years: - 30%.

*(Federación uruguaya de Aikido)

Contact :

E-mail : info@aikido-kra-uy.org

Phone: +598 92 390 834

Accommodation:

A few places available with local aikidokas.

Accommodation is also available at the [Espacio Kiva](#) dojo in the Parque Rodó district (depending on individual possibilities - as a guide, a night in a youth hostel costs around UYU\$ 600 to 700 per night, or 13 to 15 euros).

Various hotel and Air B'n'B accommodation options according to budget in the Parque Rodó / Punta Carretas / Pocitos areas (max. 30 min. drive from the course venue - transport arrangements to be arranged).

On Saturday evening, a communal meal is planned - details to follow.

Registration: info@aikido-kra-uy.org

On this side of Ecuador, it's summer, time for Carnival and beach parties... The course is a good opportunity to discover Uruguay, the “paísito” of Latin America. Don't hesitate to ask the organizers for advice on preparing your stay.