



Seminar with Sensei
Nelson Carrion 8 DAN
in Dojo Stara Wieś

I. General information

Date: 29.11 - 01.12.2024

Place: Europejskie Centrum Budo - Dojo Stara Wieś
Stara Wieś 197-570 Przedbórz

Accommodation: Japanese houses (3 double bedrooms,
1 single room, living room with fireplace
and terrace, kitchenette,
three bathrooms)

Price: PLN 750 . Payment on account PLN 300.

Koszt seminarium: 200 PLN



II. Seminar program:

Day I (Friday)

18:00 - arrival and accommodation

18:30 - dinner

20:00-21:30 - Master Class with Sensei Nelson Carrion 8 DAN

22:00 - concert of Tibetan singing bowls and gongs; relaxation in the Haven of Silence; sauna

Day II (Saturday)

7:30 - yoga (for volunteers)

8:30 - breakfast

10:30-12:30 - Master Class with Sensei Nelson Carrion 8 DAN

1:00 p.m. - lunch

16:00 - 18:00 - Master Class with Sensei Nelson Carrion 8 DAN

18:30 - dinner

20:00 - St. Andrew's Eve

Day III (Sunday)

7:30 - yoga (for volunteers)

8:30 - 9:00 - breakfast

10:30-12:30 - Master Class with Sensei Nelson Carrion 8 DAN

12:30 - lunch

14:00 - departure

III. Registration

- 1) application to biuro@karate.info.pl (name and surname + club name)
- 2) advance payment of PLN 300/person. to the account:

Dolnośląska Akademia Karate we Wrocławiu

Gliniana 41/4, 50-525 Wrocław

Account number: 59 1090 1522 0000 0001 0831 7151

Transfer title: Dojo Seminar + name and surname + club name



IV. Contact

☎ 695 404 205

✉ email: biuro@karate.info.pl