

## Dan Harden in Oslo March 3rd-6th 2023

It's time for another inspiring seminar with Dan Harden in Oslo, Norway!  
Book your place by sending email to: [anna.antell@gmail.com](mailto:anna.antell@gmail.com)  
Venue : Oslo Karate Klubb, Brinken 20, 0654 Oslo

### Schedule

**Friday** 28th (AIKI WEAPONS): 10.00-17.00 with short lunch. NOTE: Previous attendees only!

**Saturday** 29th (INTERNALS): 10.00-13.00 / Lunch / 14:30-18.00.

**Sunday** 30th (INTERNALS): 10.00-13.00 / Lunch / 14:30-18.00

**Monday** 31st (AIKI WEAPONS): 10.00- 17.00 with short lunch. NOTE: Previous attendees only!

### SEMINAR PAYMENT

The cost for the seminar is \$225 for the weekend seminar and \$425 for the 4-days seminar, payable through PayPal to Dan Harden via the address: [homeoffice@charter.net](mailto:homeoffice@charter.net)

If you haven't yet paid your seminar fee, please do this asap!

When you pay: Please MAKE A NOTE in PayPal, in your payment, that you are going to the Seminar in Oslo, Norway, March 2023.

FORWARD a copy of the Paypal receipt to [sanna.antell@gmail.com](mailto:sanna.antell@gmail.com) so we know you're registered!

### DOJO RENTAL COST

The expenses for renting the dojo will be divided among the participants. Please transfer 250 NOK via PayPal to [sanna.antell@gmail.com](mailto:sanna.antell@gmail.com)

### Dinner Saturday night

We will organize a dinner at a local restaurant on Saturday evening. Please let us know if you wish to attend by sending an email to [sanna.antell@gmail.com](mailto:sanna.antell@gmail.com).

### Accommodation

[Oslo hotels on hotels.com](https://no.hotels.com/de939302/hoteller-oslo-norge/) : <https://no.hotels.com/de939302/hoteller-oslo-norge/>

[Link to Airbnb search](https://no.hotels.com/) : <https://no.hotels.com/>

If you live in the Oslo -area and are willing to accommodate participants during the seminar, please let us know!

**Arriving by flight to Oslo** Travel to Oslo Lufthavn Gardermoen (OSL). The fastest way to get to downtown Oslo is by using the Airport Express Train / Flytoget (20 mins), or the [Airport Express Bus https://www.flybussen.no/](https://www.flybussen.no/).

### Seminar content

This seminar will be informal and casual. Clothing will be sweats or shorts and T-shirts. No GIs (uniform), no budo affiliated T-shirts. This is a closed seminar with no pictures, video, or visitors allowed. You are strongly encouraged to bring a notebook. The seminar fee does not include any meals. The seminar is offered in a friendly, neutral environment, with an emphasis on learning and understanding internal power and aiki as a basis for martial movement in a global sense, while undertaking the difficult task of integrating those skills and concepts into your own martial training.

### INTERNALS

The seminar reviews and expands the internal martial arts principles that have their roots in ancient Japan and China, but are so often poorly understood. Dan will outline the training in such a way as to make their relevance to martial movement immediate, clear and accessible. The material covered, while benefiting Aikido greatly, will not be "specific" to just the aiki arts like Aikido and Daito ryu, but any grappling or striking art, so teachers from other disciplines are welcome.

### AIKI WEAPONS (PREVIOUS ATTENDEES ONLY)

In addition to internals, Dan will teach two days of weapons. This is his take on using Japanese, traditional weapons like the bokken, naginata etc, with aiki.

NOTE, The weapons training is for those who have attended previous seminars with Dan only and by Dan's invitation/agreement.

Please take contact if you are interested in the aiki weapons training.

### General

More info about the Sangenkai method Dan teaches can be found on [Dan's bodywork seminars site](http://bodyworkseminars.org/index.html)  
: <http://bodyworkseminars.org/index.html>

Looking forward to seeing you in Oslo!

Best regards,  
Sanna Antell  
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