

BOKKEN SEMINAR

OCTOBER 28 – 30, 2022

Jan Nevelius SHIHAN

& Mats Ahlin SENSEI



TRAINING

FRIDAY 19:00 – 21:00 BOKKEN

SATURDAY 11:00 – 13:00 BOKKEN
16:00 – 18:00 BOKKEN

SUNDAY 10:00 – 12:00 BOKKEN
14:00 – 16:00 BOKKEN

(Daylight savings time ends Sunday)

€ 120 complete seminar
Full attendance required,
available space is limited

LOCATION

Schule für Bewegung & Meditation
Rheinstraße 45
12161 Berlin – Steglitz
2. Hof · Aufgang 7 · Fahrstuhl 6. Etage

U9 Walter-Schreiber-Platz
S1 Feuerbachstraße · Bus 148

REGISTRATION

Roger Fienhold Sheen
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To ensure the safety of our community, we recommend participants perform a covid self-test before attending