

# TOKITSU RYU - ITALY

## INTERNATIONAL JISEI BUDO SEMINAR

### M° Kenji Tokitsu - 10° Dan

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## ASSISI (Italy)

*30 nov - 4 dec 2023*  
*Oasi del Sacro Cuore*

This event is aimed at students of the school, but it is also open to all practitioners of other disciplines, with no age or level limit.

During the seminar, Sensei Tokitsu will demonstrate his own method,

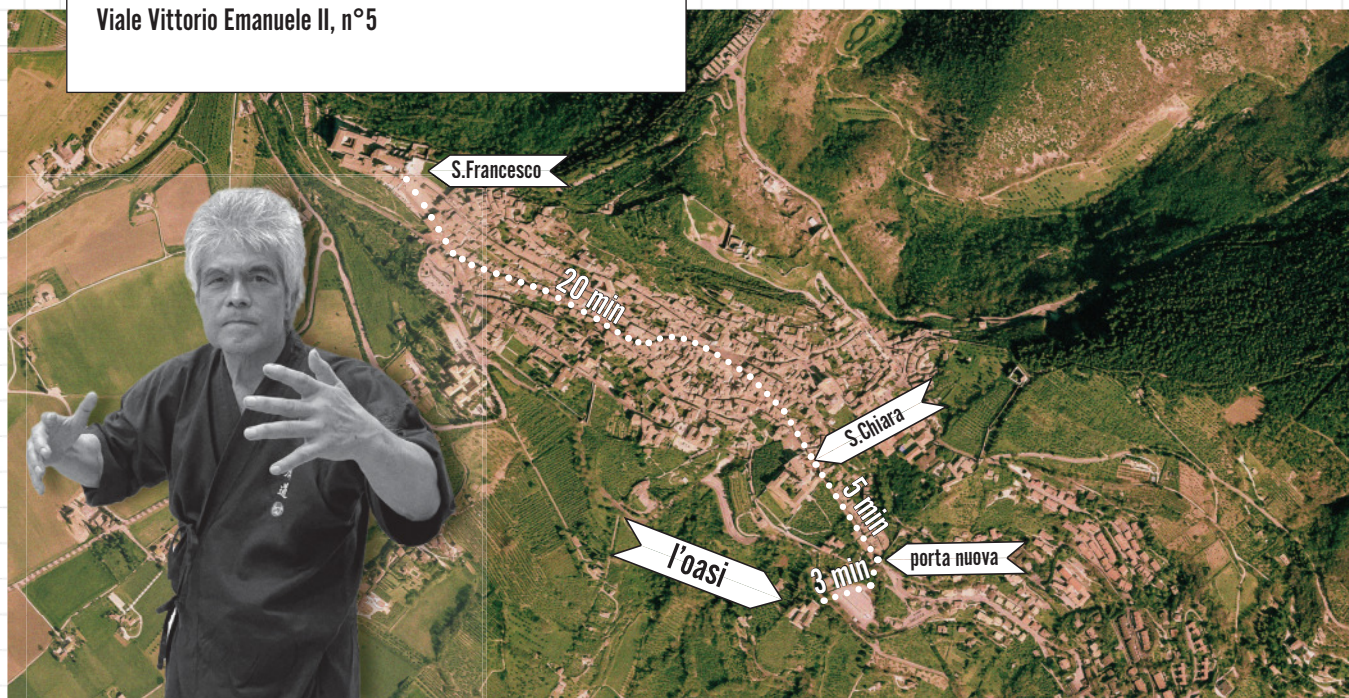
that is the result of years of study and research in the field of martial arts (Budo), ranging from Karate, Qi Gong, Taiji Quan and Yi Quan, in the pursuit of health, well-being and efficacy.

**INCLUDED :**



OASI DEL SACRO CUORE - ASSISI (PG), Italy  
Viale Vittorio Emanuele II, n°5

- 12 HOURS OF TRAINING with Sensei Kenji Tokitsu
- THEMATIC WORKSHOPS held by the school Masters
- 4 NIGHTS WITH FULL BOARD OPTION  
check in: thu 30 nov from 12:00 pm  
check out: mon 4 dec by 9:00 am
- ALL THE ACTIVITIES WITHIN THE SAME COMPLEX, in the large halls, surrounded by a beautiful garden
- MANY MOMENTS OF SHARING AND CONVIVIALITY among the members of the Tokitsu Ryu family
- TOURS TO DISCOVER THE CENTER OF ASSISI with its monuments and its flavours!
- EASILY REACHABLE FROM ROMA FIUMICINO INTERNATIONAL AIRPORT  
90 min by train to Foligno + shuttle to Assisi







**ENTRANCE TO THE OASI DEL SACRO CUORE**  
Viale Vittorio Emanuele II, n°5

## PROGRAM

07.00 - 07.30	zazen meditation (optional)
08.00 - 08.45	breakfast
09.00 - 11.00	practice: Qi Gong
12.30 - 13.30	lunch
13.45 - 16.00	discover Assisi!
16.30 - 18.30	practice: Jisei Budo
19.00 - 20.30	dinner

## WHERE

Oasi Sacro Cuore is a peaceful and quiet place, immersed in a large park, a short walk from the historical center of Assisi.

The Oasi complex offers single, double and multiple bedrooms with a splendid view over Assisi, each with private bathroom and shower.

In the Oasi you will also find a bar, large halls for common activities and for guests to meet, a dining hall and a private parking space.

## COSTS

### full board

(lunch and dinner of the arrival day + breakfast of the departure day included)

- double.....	470 €
- single.....	510 €

### half board

(dinner of the arrival day + breakfast of the departure day included)

- double.....	450 €
- single.....	490 €

### bed and breakfast

- double.....	410 €
- single.....	450 €

## BOOKING CONDITIONS

50% deposit of the total amount at the time of booking  
50% deposit of the total amount at the end of September

### ▼ Basilica of San Francesco



### ▼ Eremo delle Carceri



### ▼ Frescoes by Giotto



## CONTACTS: Jiseido Lissone

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