



# SHINTAIDO GERMANY

## GASSHUKU 2024

in loving memory of Ito Sensei

May 31st – June 2nd 2024 in Geislingen (Swabian Alb)

“Make it happen” Ito Sensei wrote in his last email to us when he confirmed his participation at the Gasshuku 2024. That's exactly what we want to do together with you, because our Keiko doesn't end with Ito Sensei's death.



We are happy to invite you to our collegial Keiko to celebrate Ito Sensei's life and legacy, to share our memories of him, to practice together what he taught us and also to look forward together.

Our house is located - surrounded by forest and meadows - on the plateau of the Swabian Alb, very close to heaven.

We want to include the nature around us in our Gasshuku and spend time outside, training, talking, remembering or meditating.

# SHINTAIDO IS RICH AND DIVERSE



Are there any exercises, photos, texts or entire keikos by Ito Sensei that mean a lot to you? Please bring everything with you. You don't want to prepare anything but would like to experience it? Then please write to us by the end of April. We collect everything in advance and at the beginning of the Gasshuku and curate a very special and very personal workshop.

## SCHEDULE

Start Fri from 6pm, end Sun at 1pm  
Sat morning Keiko I outside/seminar room  
Sat afternoon Keiko II in the gym  
Sun morning Keiko III outside/seminar room

## FOOD

Full meal with breakfast, lunch and dinner (please specify whether vegan, vegetarian or including meat)

## ACCOMODATION

Meeting and Conference Center Michelsberg in Bad-Überkingen, district Oberböhringen in single and double rooms in the building „Albheide“, single room while stocks last for an additional charge <https://www.bt-michelsberg.de/>  
48°37'32.0"N 9°46'24.0"E

## REGISTER / COSTS

Double room 175 €, single room 185 €  
Please send an email (see below) and pay the fee to Shintaido Deutschland e. V.  
“Gasshuku 2024”  
IBAN: DE72 3716 0087 0685 8220 08  
Attention: If canceled by May 23rd 70% of the costs are due, after this 80%!

## CONTACT

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