

VARESE - ITALY  
APRIL 25<sup>th</sup>-26<sup>th</sup>, 2026

# INTERNATIONAL AIKIDO SEMINAR

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*Kobayashi Ryu*

ASSOCIAZIONE INTERNAZIONALE AIKIDO

**ASSOCIAZIONE INTERNAZIONALE AIKIDO asd**

**JOIN US**

everyone is welcome

INFO and REGISTRATION at [www.aikido.it](http://www.aikido.it)

in collaboration with AIKIDO BUIKUKAI VARESE - Società Varesina di Ginnastica e Scherma asd



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## LOCATION

AIKIDO BUIKUKAI VARESE  
"Società Varesina di Ginnastica e Scherma asd"  
via Donatello, 1  
21100 VARESE - ITALY


## HOW TO REACH US

 <b>BY PLANE</b>	MILANO MALPENSA (MXP) MILANO LINATE (LIN)
 <b>BY TRAIN</b>	VARESE FS VARESE NORD FNM
 <b>BY CAR</b>	A8 HIGHWAY exit VARESE

## HOW TO BOOK

Fill in the form available at [www.aikido.it](http://www.aikido.it)  
by **end of March 2026**.

## AIKIDO LESSONS FEES

AIA members:	free of charge	
Non members:	20 € per lesson or 50 € whole seminar	

## WHERE TO STAY

<b>B&amp;B Le due G</b>	<a href="http://bb-ledueg.it/it/">bb-ledueg.it/it/</a>
<b>Hotel Vecchia Riva</b>	<a href="http://www.vecchiariva.com/en/">www.vecchiariva.com/en/</a>
<b>Hotel Ungheria</b>	<a href="http://www.hotelungheria.it/en/">www.hotelungheria.it/en/</a>
<b>Hotel Capolago</b>	<a href="http://www.capolago.it">www.capolago.it</a>
<b>Art Hotel</b>	<a href="http://www.arthotelvarese.it">www.arthotelvarese.it</a>

Several other options available.  
Feel free to search for the one that best suits you.

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## SCHEDULE



SATURDAY

09:00 – 09:45 Check-in  
09:45 – 10:00 Welcome message  
10:00 – 12:30 Aikido 1 (*break around 11:15*)  
12:30 – 14:00 Lunch break  
*(bring a packed lunch)*  
14:00 – 18:00 Aikido 2 (*break around 15:50*)  
20:30 *group dinner at a local restaurant*



SUNDAY

09:15 – 10:00 Check-in  
10:00 – 12:30 Aikido 3 (*break around 11:15*)  
12:30 – 12:45 Goodbye message  
13:30 *group lunch at a local restaurant*

The aikido lessons will be held by the AIA Masters.

*\*Schedule may vary.*

## TOURIST INFO

The city of Varese is known as the "Città Giardino " (Garden City) due to its many parks, such as, the "Giardini Estensi" (Town Hall park), the park of Villa Mylius, the park of Villa Toeplitz, the parks of Villa Panza and Villa Ponti, and the "Zanzi" park on the shores of Varese Lake.

Varese is built on seven hills (like Rome) and extends across a unique area known as the "7 Laghi" (7 Lakes).

It boasts numerous monuments—it is one of the capitals of Liberty Art—museums, and tourist attractions, including four UNESCO World Heritage sites. The "Sacro Monte di Varese" is one of UNESCO sites and it is one of the most fascinating pilgrimage sites of Italy.

Further information at [www.varesedoyoulake.it/en/](http://www.varesedoyoulake.it/en/)

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