

20 years Aikido Dojo Alpen

Mitchy Ogata (4th Dan Aikikai)

25 September - 27 September 2026 in Alpen



Mitchy Ogata started Aikido in Japan 1997. After moving to Europe, she came into contact with Patrick Cassidy. What began for her there as a fascination for Aikido technique developed into an exploration of connection, presence and relationship continues up to this day. Mitchys Aikido is strongly influenced by Patrick Cassidy Sensei. Together with her husband Antony Martinez, she runs the Aikidodojo Aikido Chablais. Occasionally she also teaches in Montreux. Aikido is for Mitchy a dynamic exchange - so she is looking forward to share this journey with us here in Alpen .

Training times and information:

Friday: 19:00 - 21:00 h in the Dojo (Weseler Str. 12 in Alpen)

Saturday: 10:30 - 13:30 h in the primary school gym (Zum Wald 16 in Alpen)

14:30 - approx. 17:00 h we celebrate our dojobirthday with an Aikido show with the groups of Aikido Alpen. After the training, the participants of the seminar and the members of the Aikido Dojo Alpen were invited to a barbecue party in the dojo.

Sunday: 10:30 - 13:30 h at the Dojo (Weseler Str. 12 in Alpen)

Costs: 70, 80 or 90 Euros for the whole seminar (flexi rate: You are free to choose what the seminar is worth to you and which of the three amounts you can and want to pay).
25 Euros only Friday or only Sunday
45 Euro Saturday only
65 Euro Saturday and another day of your choice

Registration: Heidrun Hoffmann/Josef Jürgens
Phone: 02802/704966 or 0163/7705900
Mail: heidrun@gmx.net

Locations: Friday and Sunday: Weseler Str. 12; 46519 Alpen
Saturday: Primary school gym; Zum Wald 16; 46519 Alpen

Would you like to stay overnight? Report to Josef and Heidrun.
The organizer is not liable for personal injury or property damage.