

AIKIDO & DANCE

BEING IN MOTION



Patrick Cassidy



Kirstie Simson

September 15 – 17, 2023

Dojo Aikido Unlimited | Uster | Switzerland

Schedule	Friday	19:00 – 21:30
	Saturday	10:00 – 13:00 15:00 – 18:00
	Sunday	10:00 – 13:00

Costs	CHF 150.- Number of participants is limited
Place	Aikido Unlimited Uster West 12 8610 Uster
Info	www.seminare.aikidounlimited.ch
Sign Up	events@aikidounlimited.ch

Possible to stay overnight at the Dojo, please bring a sleeping bag and a mat.

Kirstie Simson

Kirstie Simson has been a continuous explosion in the contemporary dance scene, bringing audiences into contact with the vitality of pure creation in moment after moment of virtuoso improvisation. Called «a force of nature» by the New York Times, she is an award-winning dancer and teacher who has «immeasurably enriched and expanded the boundaries of New Dance» according to Time Out Magazine, London. Kirstie is renowned today as an excellent teacher, a captivating performer and a leading light in the field of Dance Improvisation. She has been professor of dance at the University of Illinois, she continues to teach and perform all over the world.

Patrick Cassidy

Patrick Cassidy has been practicing Aikido, Meditation and Yoga for over 40 years. Living in Japan for 7 years and travelling through India, Nepal and Tibet for over 3 years, Patrick has been committed to the investigation of being and becoming. He holds a 6th degree black belt in the art of Aikido and directs a full time school of Aikido, Yoga and Meditation in Montreux Switzerland. He also leads a worldwide network of Aikido dojos under the banner, Evolutionary Aikido Community. He has facilitated conflict resolution programs in psychiatric hospitals for caregivers and their patients and has led leadership and team building training for numerous corporate organisations. He is also a long term practitioner of Japanese Tea Ceremony in the Ura Senke school.