

**Aikido
Women's Workshop 2026
November 13–15
at the Erlangen Dojo**



All advanced, ambitious, and inquisitive women are warmly invited to bring topics that we can explore together during this workshop. The inner willingness to get involved and try new things (or overcome old barriers) opens up a learning space for us beyond traditional instruction. Both newcomers and experienced practitioners can learn from one another in a relaxed atmosphere.

We'll meet in the gym at the
Michael-Poeschke School,
Liegnitzer Straße 22, 91058 Erlangen
at the following times:

Friday 4:30–7:00 p.m.
Saturday 10:00 a.m.–1:00 p.m.
3:30–6:30 p.m.
Sunday 10:00 a.m.–1:00 p.m.

Please register by the end of October at: eine_biggi@web.de

We'll try to arrange private accommodations for women traveling from out of town if needed; please mention this when you register.

Experience has shown that a group of 12–14 women can get very creative,
which is why the number of participants is limited here.

There is a contribution toward expenses of 20–25 € for drinks and snacks, which will be collected on-site.

Looking forward to a joyful time together this time around,
Your Biggi, on behalf of all the "Frau Kidos"!