



Suomen Kyudoliitto ry
Finnish Kyudo Federation

25.5.2010

Finnish Heki Summer Seminar 2010
7 – 12.8.2010
Pajulahti Sports Center, Nastola, Finland

The Heki Kyudo Seminar hosted by the Finnish Kyudo Federation will be held on 7 – 12.8 at the Pajulahti Sports Center, Nastola, Finland. The Seminar will be lead by Mori and Sekine senseis and it is open for all interested kyudojin with a maximum participation of 30.

The dojo with an azuchi of 8 matos will be set up in the "traditional" Nikula hall at the Pajulahti Sports Center; also makiwaras will be provided. Accommodation is provided in the Sports Center, with two different levels of rooms and with full boarding from Saturday dinner to Thursday lunch.

The actual Seminar starts on Saturday 7.8 at 13:00 and the schedule for the Seminar is:

- Saturday 13:00 – 17:30
- Sunday, Monday and Wednesday 9:00 – 12:00 and 14:00 – 17:30
- Tuesday and Thursday 9:00 – 12:00 (free training possibility during Tuesday afternoon and evening)

The price of the Pajulahti seminar is dependent on the type of accommodation: 460 Euros for "basic" twin rooms and 525 Euros for the newer "hotel-style" twin rooms (the hotel type of accommodation means a little bit more space in the room, air conditioning, etc.; the number of these rooms is unfortunately limited as is the availability of single room accommodation, which comes with extra cost).

Information about the Pajulahti Sports Center (including maps) are available from their web pages <http://www.pajulahti.com/eng/sivu.php?kieli=2>.

For public transport information to Pajulahti Sports Center e.g. the <http://journey.fi/en/> web service can be used. Probably the most convenient way (with luggage and kyudo equipment) to travel from Helsinki to Pajulahti is to take a train from Helsinki to Lahti (either a fast service or commuter train) and from the Lahti train station a taxi to the Pajulahti Sports Center (the train timetables can be found from <http://www.vr.fi/eng/>).

For any other information, please contact me.

With best regards,

Veikko Karppinen
President, Finnish Kyudo Federation