



Suomen Kyudoliitto ry
Finnish Kyudo Federation

15.6.2011

Finnish Heki Summer Seminar 2011
6 – 11.8.2010
Pajulahti Sports Center, Nastola, Finland

The Heki Kyudo Seminar hosted by the Finnish Kyudo Federation will be held on 6 – 11.8 at the Pajulahti Sports Center, Nastola, Finland. The Seminar will be lead by Sato and Kurosu 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 6.8 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 per person for "basic" twin rooms and 525 Euros per person 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/palvelut_englanti.pdf.

For public transport to Pajulahti, if coming from the Helsinki center probably the most convenient way (with luggage and kyudo equipment) is to take a train from Helsinki to Lahti (either a fast service or commuter train; the train timetables can be found from <http://www.vr.fi/eng/>) and from the Lahti train station a taxi to the Pajulahti Sports Center. If coming straight from the Helsinki-Vantaa airport e.g. the <http://journey.fi/en/> web service can be used to find a proper connection to Lahti (most convenient would be a bus from the airport).

For any other information, please contact me.

With best regards,

Veikko Karppinen
President, Finnish Kyudo Federation