



Suomen Kyudoliitto ry
Finnish Kyudo Federation

18.6.2012

Finnish Heki Summer Seminar 2012
29.7 – 2.8.2010
Pajulahti Sports Center, Nastola, Finland

The Heki Kyudo Seminar hosted by the Finnish Kyudo Federation will be held during 29.7 – 2.8 at the Pajulahti Sports Center, Nastola, Finland. The Seminar will be led by Sato sensei and it is open for all interested kyudojin with a maximum participation of 30.

The dojo will be set up in the sports/tennis hall at the Pajulahti Sports Center; also makiwaras will be provided. Accommodation is provided in the Sports Center with full boarding from Sunday lunch to Thursday lunch.

The actual Seminar starts on Sunday 29.7 at 10:00 and the schedule for the Seminar is:

- Sunday 10:00 – 12:30 and 14:30 – 17:30
- Monday to Wednesday 9:00 – 12:00 and 14:00 – 17:30
- Thursday 9:00 – 12:00
- There is possibility of free training during evenings – and sauna by the lake for those enjoying it

The price of the seminar is 450 Euros per person with full boarding and accommodation in the Sports Center dormitory twin rooms (the number of rooms is limited as is the availability of single room accommodation, which comes with extra cost).

Information about the Pajulahti Sports Center is available on their web pages
<http://www.pajulahti.com>.

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 www.vr.fi/eng/) and from the Lahti train station a taxi to the Pajulahti Sports Center. There are also some regional train connections from Lahti to Nastola station, but that is still a few kilometres from 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

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