

*invisible dances invisible dances invisible dances invisible dances invisible dances*



**Italia from 30 april to 3 may 2010**

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[www.casagaruda.org](http://www.casagaruda.org) - [www.renshinkandojo.com](http://www.renshinkandojo.com) - [www.danzaduende.org](http://www.danzaduende.org)

# Awareness from Aikido for Art

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Seiichi Sugano is an aikido master. He reached the 8th dan, the highest rank and was a direct student of the aikido founder O Sensei Morihei Ueshiba. He was also initiated as Zen Monk under the name of EKAI. Certified in acupuncture, accomplished fencer in the USA, Sugano Sensei proposes today to provide his very rich experience in movement and inner aspects of aikido training, to artists without any aikido background.

Myriam Szabo is a dance teacher. With a background of classic dance (she was a solist in the Russian Ballet Irina Grejbina), various dance expressions such as oriental and other ethnic styles (flamenco, African and modern expressionist, etc.), Chi-Gong (France Detry & Alain Baudet) and intensive Buddhist studies & practices since 30 years as well as the Tibetan language, she created Danza Duende ([www.danzaduende.org](http://www.danzaduende.org)), a school and net for people whose life is Art, known extensively in Europe as "dancing your life".

Christophe Depaus, scientist and philosopher, 4th dan Aikido, Sugano Sensei's student, will support Myriam Szabo and Seiichi Sugano during the seminar.

The seminar will focus on the inner aspects of aikido training as a self-development method and in particular, to enhance and enlighten our artistic potential. We will use huge brushes, paper and ink or colours in order to link the invisible Dances of Aikido and "Free Duende".

For the very first time, two artists very famous in their respective disciplines decide to gather their skills to lead people in the heart of their human nature through the art.



Casa Garuda is a paradise on the border between Tuscany and Umbria.

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