

CALENDAR OF ACADEMIA SEITAI ACTIVITIES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st week		Katsugen undo, yuki and Osei orientation course 8 pm-10 pm	SEITAI Orientation Course 8 pm-10 pm.	Katsugen undo, yuki and Osei orientation course 6 pm-8 pm		Katsugen undo, yuki and Osei orientation course 11.30 am-1.30h pm	
2nd week		Katsugen undo, yuki and Osei orientation course 8 pm-10 pm.	SEITAI Orientation Course 8 pm-10 pm.	Katsugen undo, yuki and Osei orientation course 6 pm-8 pm		Katsugen undo, yuki and Osei orientation course 11.30 am-1.30h pm	
3rd week		Katsugen undo, yuki and Osei orientation course 8 pm-10 pm.	SEITAI Orientation Course 8 pm-10 pm.	Katsugen undo, yuki and Osei orientation course 6 pm-8 pm		Katsugen undo, yuki and Osei orientation course 11.30 am-1.30h pm	
4th week		Katsugen undo, yuki and Osei orientation course 8 pm-10 pm.	SEITAI Orientation Course 8 pm-10 pm.	Katsugen undo, yuki and Osei orientation course 6 pm-8 pm		Katsugen undo, yuki and Osei orientation course 11.30 am-1.30h pm	Intensive practice of katsugen undo 4 pm-8 pm

	All sessions will be sessions face-to-face
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	All sessions will be hybrid (face-to-face and online at the same time)
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	All sessions will be online

In all face-to-face sessions, you should bring a mat and a handkerchief to cover it, clean socks and a mask.