

## Evenings, workshop & sessions with Ariel

### **Weekend for women with Ariel October 2008 Copenhagen**

"Introduction to the feminine practise - as it is"

**Friday Oct 24th** – start at 6.00 pm end about 9 pm (be there before 6 pm)

**Saturday Oct 25th:** start at 10 am end ca. 7.30 pm (1½ hours lunch will be served)

**Sunday 26th** – start at 10am end at about 4 pm (45 min snack will be served)

Price and cancellation policy: Price for the workshop is 2000kr (including vegetarian lunch). Discount is given by early registration and payment – registration and payment before the 5 th of September: 1.500 kr. No refund after payments – but possible to hand over your reservation to another participant. Your payments need to be received BEFORE due dates to keep your space at the workshop - registration is only valid when paid (please put the dates and amounts due in your calendar to remind your self).

Special Diet: Bring your own food if you need special diet food – we serve healthy vegetarian food (and fruits) during the weekend workshop. This food is included in the workshop price.

### **MEN'S EVENING with Ariel on Tuesday Oct 28th**

#### **Lecture and participation**

18 pm – 10 pm

Price for the evening event is 200 kr. Discount is given by early registration and payment – registration and payment before the 5 th of September: 150, - kr. Cancellation policy is same as above. Location will be sent out at the end of September.

### **MEN'S & WOMEN'S WORKSHOP with Ariel on Saturday Nov 1st**

#### **Practices and lecture Open for all**

10 am – 2 pm

Price for this event is 475 kr. Discount is given by early registration and payment – registration and payment before the 5 th of September: 400, - kr. Cancellation policy is same as above. Location will be sent out at the end of September.

### **Private sessions / individual or couples with Ariel in CPH /**

Location: Matthæusgade 21; 4. th. 1666 Copenhagen V. (10 minutes walk from Copenhagen Central Station) Name on door: MC Pirchert

Ariel will be available for private sessions Tuesday Oct. 28th + Wednesday Oct 29th + Thursday Oct. 30th + Friday Oct. 31st

Price per session (90 min) 650,- kr. For couples it is 1.200 kr. (90 min)

### **Early morning Yoga sessions for women with Ariel in CPH**

#### **The Body of Light Yoga Practice**

Location: Matthæusgade 21; 4. th. 1666 Copenhagen V. (10 minutes walk from Copenhagen Central Station) Name on door: MC Pirchert

Ariel will be available for morning yoga sessions Tuesday Oct. 28th / Thursday Oct. 30th / Friday Oct. 31st Oct at 8am – 9.30 pm ... bring yoga mats

The studio for these sessions is private and very small – so it will fill up quickly. Price per session 100,- kr.

## **PRACTICAL INFORMATION**

### **Questions & Booking of ALL events and sessions:**

Malene Schioldan

Email : [m.schioldan@gmail.com](mailto:m.schioldan@gmail.com)

Mobil: +45 30 13 02 68

Send email to register and mark all payments with your name and the name of the event (ex name + weekend of feminine practice)

Reg.no. 9585 + account no: 6271484 753

IBAN DK1120006271484753

Swiftadresse NDEADKKK

Bank: Nordea/ DK

### **Workshop Venue in CPH will be sent out to all participants at the end of September.**

Price and cancellation policy: No refund after payments – but it's possible to hand over your space to another participant. Your payments need to be received BEFORE due dates to keep your space at the workshop.

Living quarters: We will try to make it possible for foreigners to lodge privately with the Danish practicing women or men. Bring sleeping bag etc.

If you prefer to stay in a hotel in CPH, please check out [www.hotelguide.dk](http://www.hotelguide.dk) for places and prices.

Other tourist info: [www.visitcopenhagen.dk/](http://www.visitcopenhagen.dk/)

Travel: Airplane from all destinations in Europe to CPH.

Check: [www.sas.dk](http://www.sas.dk) or [www.sterling.dk](http://www.sterling.dk). Train in Denmark: [www.dsb.dk](http://www.dsb.dk)

CPH Taxi: +45 70 338 338

Bus CPH: [www.moviatrafik.dk](http://www.moviatrafik.dk)

### **Language: Simple-to-understand English. Translation if needed**

Private Sessions and Early Morning Yoga Venue: Matthæusgade 21; 4. th. 1666 Copenhagen V. (10 minutes walk from Copenhagen Central Station) Name on door: MC Pirchert

To bring for workshop: Yoga mat, cushion to sit on, blanket to wrap around you while sitting, note book and pen and beautiful and comfortable clothes to wear and to dress up in.