

## International Aikido Summer Camp – Zurich

*An Aikido exploration of relationships beyond culture, nationality and religion*

I'm a Jordanian who had read and heard a lot about the matters of the soul, mind and body. Through out the days I spent practicing aikido at Sensei Kurt's dojo I have experienced what no book could teach. The amazing beauty of the country and its people penetrates into the soul to create a kind of tranquility I never imagined existed. I wonder what words could describe the powerful energy of a great master, a human, that paints a masterpiece of harmony amongst people whose minds are worn out by universal worries and fears. And if my body chooses to speak, it would bow to Sensei in great gratitude for an unforgettable experience. Now have I learned any aikido? Yes, I have. I have learned that life is good.

Warmest regards to all

Jane Lama