



LE STAGE DU SOLEIL
International Training course in Marseille
with YOSHINAO NANBU Doshu Soke

24 & 25 April 2010 à l'Estaque

training course place : Gymnase Cosec le Rabelais 348 Rue Rabelais 13016 Marseille

Club information : UMS ESTAQUE-PLAGE/DOJO BUNKAÏ
28, Plage de l'Estaque 13016 Marseille
e mail : umsestaque@gmail.com / serge.salvai@neuf.fr
contact Serge Salvai: 0033624193669

Seminar: Training course with Doshu Soke YOSHINAO NANBU
Saturday morning , at 8h , breakfast and registration to the club .

Training : Saturday : 10h à 12h30 et de 16h30 à 19h (dinner à 20h30)
Sunday : 9h30 à 12h and after Diplom ;)

Prix unique par personne : 45 €

Meals All the meals will be take in the club ; 10€ by meal (you must to reserve for all your meals)

For people who wish to leave just after training on Sundays, possibility of takeaway meal ; price 6 euros

Accomodation :HOTEL B&B , near by club (5 minutes with car) **RECOMMENDED**
Zac de saumaty séon, rue Pascal Xavier Coste 13016 Marseille
www.hotelbb.com 0033892707537
price : 37€ to 62€ de 2à 4 persons

BONZAÏ HOTEL (15 minutes)
44 avenue Marcel Paul 13240 Septemes les Vallons
0033491961723
price : since 37€

For people who arrive Friday : possibility of taking him to dine to the club ; price 10€

TRANSPORT:

For the persons who arrive by train (station TGV Aix recommended) or by plane, we set up transport if you prevent us of your places and arrival times.

During all the training course the movements between the club, the Hotel and the gymnasium are assured in persons without vehicle.
For everybody, the breakfasts of Saturday and Sunday are offered in the office of the club.