

# AIKIDO SEMINAR

Exploring Polarities in Aikido



**Patrick Cassidy**



**Bruno Gonzalez**

**September 19 – 21, 2025**

Dojo Aikido Unlimited | Uster | Switzerland

|          |          |               |           |
|----------|----------|---------------|-----------|
| Schedule | Friday   | 19:00 – 21:30 |           |
|          | Saturday | 10:00 – 12:30 |           |
|          |          | 14:30 – 17:00 |           |
|          |          | 17:00 – 18:00 | Dan Exams |
|          | Sunday   | 10:00 – 14:00 |           |

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|---------|--|
| Costs   | CHF 160.- early bird until Aug 19th  |
|         | CHF 200.- from Aug 20th   Number of participants is limited                          |
| Place   | Aikido Unlimited   Uster West 12   8610 Uster  |
| Info    | <a href="http://www.seminare.aikidounlimited.ch">www.seminare.aikidounlimited.ch</a> |
| Sign Up | <a href="mailto:events@aikidounlimited.ch">events@aikidounlimited.ch</a>             |

Possible to stay overnight at the Dojo, please bring a sleeping bag and a mat.  
We ask for CHF 10 per night.

## Bruno Gonzalez

Bruno Gonzalez is an internationally recognized Aikido teacher with over 40 years of experience. As a direct student of Christian Tissier (8th Dan Aikikai), he combines profound technical skill with a clear, dynamic teaching of Aikido. His seminars are characterized by precision, efficiency and the search for flowing movement. Whether beginner or advanced - Bruno's focus is on understanding the body, timing and connection.

## Patrick Cassidy

Patrick Cassidy has been practicing Aikido, Meditation and Yoga for over 40 years. Living in Japan for 7 years and travelling through India, Nepal and Tibet for over 3 years, Patrick has been committed to the investigation of being and becoming. He holds a 7th degree black belt in the art of Aikido and directs a full time school of Aikido, Yoga and Meditation in Montreux Switzerland. He also leads a worldwide network of Aikido dojos under the banner, Evolutionary Aikido Community. He has facilitated conflict resolution programs in psychiatric hospitals for caregivers and their patients and has led leadership and team building training for numerous corporate organisations. He is also a long term practitioner of Japanese Tea Ceremony in the Ura Senke school.