

# Friendship Seminars | March 2024

# Jan Nevelius Shihan



Weekend Seminar

**March 8-10** in Madison

At **Aikido of Madison**

Visit [AikidoOfMadison.com](https://aikidoofmadison.com) to see the seminar times and extra weekday classes and pricing.

Weekend Seminar

**March 15-17** in New Orleans

At **Aikido of St. Tammany**  
& **NOLA Aikido**

Visit [NOLAAikido.com](https://nolaaikido.com) to see the seminar times and extra weekday classes and pricing.

Weekend Seminar

**March 22-24** in Worcester

At **Zenshinkan Dojo**

Visit [Zenshinkan.com](https://zenshinkan.com) to see the seminar times and extra weekday classes and pricing.

Jan Nevelius Shihan, 7th Dan Aikikai, is based at Vanadis Aikido Dojo in Stockholm, Sweden and has practiced Aikido for 40 years. His main teachers are Endo Shihan and Tissier Shihan. He has also trained with, and has been strongly influenced by, Osawa Shihan and Hermansson Shihan. Nevelius Sensei emphasizes connection, soft ukemi, and an approach to Aikido as never-ending research.

## **Aikido of Madison**

2219 Atwood Ave., Madison, WI 53704 | [aomseminars@gmail.com](mailto:aomseminars@gmail.com) | [aikidoofmadison.com](https://aikidoofmadison.com) | (608) 231-3935

## **Aikido in St. Tammany**

2050 Spartan Drive, Mandeville, LA 70448

## **NOLA Aikido**

3909 Bienville St, Ste 103 New Orleans, LA 70119 | [dojo@nolaaikido.com](mailto:dojo@nolaaikido.com) | [nolaaikido.com](https://nolaaikido.com) | (504) 208-4861

## **Zenshinkan Dojo**

65 Water St, Worcester, MA 01604 | [info@zenshinkan.com](mailto:info@zenshinkan.com) | [zenshinkan.com](https://zenshinkan.com) | (508) 799-9106