

JULY / AUGUST 2026

THE ART OF BLOOMING

PRESENTED BY ANNIKA SALA

WEEKEND SEMINARS: THE ART OF BLOOMING

EXPERIENCE AN INTENSIVE AND INSPIRING SUMMER WEEKEND SEMINAR DEDICATED TO KUNG FU.

THE ART OF BLOOMING IS A SEMINAR HELD IN HAMBURG GERMANY, DESIGNED TO BUILD A DEEPER CONNECTION WITH YOUR BODY, YOUR ENERGY AND YOUR INNER STRENGTH. ROOTED IN TRADITIONAL CHINESE TRAINING METHODS, THIS SEMINAR FOLLOWS A STRUCTURE CLOSELY ALIGNED WITH HOW KUNG FU IS TAUGHT IN CHINA.

THIS IS AN INVITATION TO OPEN FROM WITHIN, TO CULTIVATE STRENGTH AND SOFTNESS AT THE SAME TIME AND ALLOW YOUR PRACTICE TO BLOOM, NATURALLY AND AUTHENTICALLY.

WHERE:

MOVEMENT SPACE
HAMBURG: PAULINENALLEE
28, 20259, GERMANY

WHEN:

JULY	AUGUST
3.7 - 5.7	7.8 - 9.8
10.7 - 12.7	14.8 - 16.8
17.7 - 19.7	



WHAT WE PRACTICE:

KUNG FU BASICS



We build a foundation through fundamental stances, movements, coordination and alignment. The basics are the roots of all forms.

BODY OPENING & INNER AWARENESS



A central focus is opening the body from inside out. Through mindful movement, breath and structure, we release tension, create space and allow energy to flow.

MEIHUA QUAN



We will go deeply into the traditional form Meihua Quan. These stances are the treasure of china and sharpen balance, internal connection, rhythm while cultivating both elegance and power.

TRAINING PHILOSOPHY

The seminar follows a clear and disciplined structure, inspired by traditional Chinese Kung Fu. Training is focused, embodied and practical, yet always connected to inner awareness and personal development.

We work with repetition, holding stances, presence and conscious effort, allowing strength, flexibility and clarity to grow naturally over time.

This is not about pushing harder, but about opening deeper.





WHO THIS SEMINAR IS FOR:

The seminar is open to **all ages and levels**. No prior experience is required.

Whether you are new to Kung Fu, to movement in general or have been training for years, you will be guided in a way that allows you to work at your own level while still being challenged and inspired.

SEMINAR LANGUAGE

The seminar language will depend on the group. I speak both German and English and will naturally switch between the two, creating a balanced mix so that everyone can follow.

TIMELINE

ONE WEEKEND

FRIDAY

7 am - 1 pm

> Arrival/
Check in Hotel

1:30 pm - 2:50 pm

> Registration &
payment at the
Trainingbase

3 pm - 5:30 pm

> Training

7:30 pm - 8:30 pm

> Training

SATURDAY

7 am - 8 am

> Training

9:30 am - 12 pm

> Training

3 pm - 5:30 pm

> Training

7:30 pm - 8:30 pm

> Tea Time, Q&A, group exchange

SUNDAY

7 am - 8 am

> Training

9:30 am - 12 pm

> Training

2 pm - 4 pm

> Training

4 pm - 4:30 pm

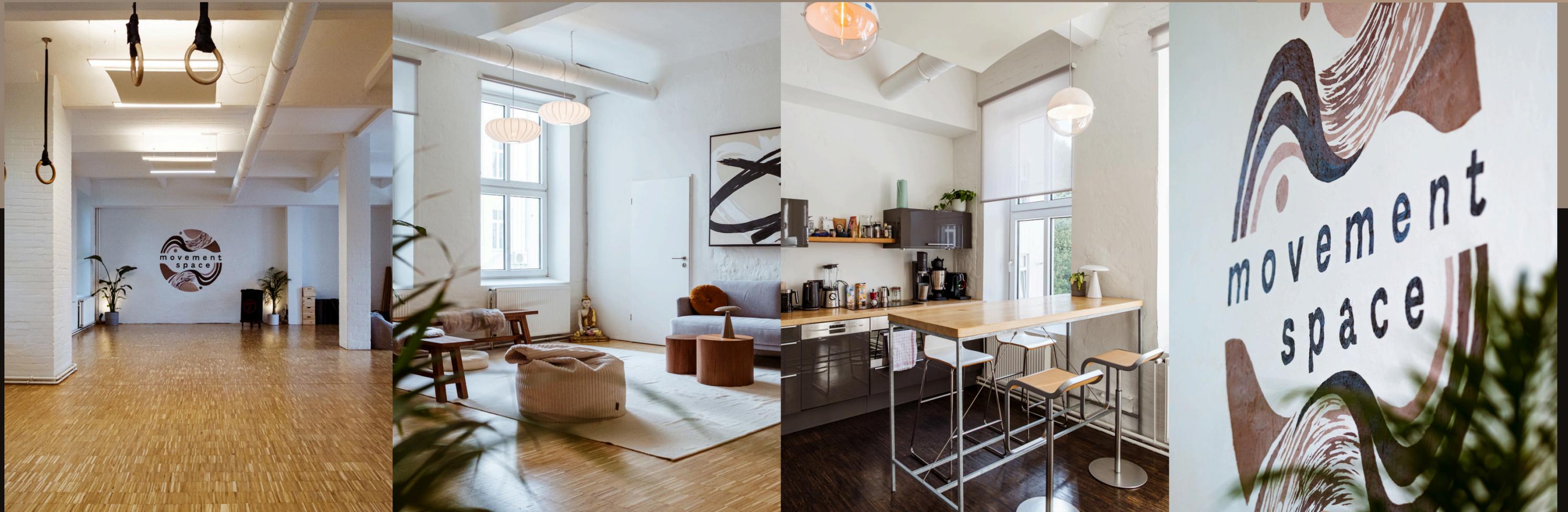
> Departure/
Go Home

TRAININGBASE

- A indoor training space will be available throughout the seminar.
- There is a comfortable chill-out area where you can relax during breaks.
- Participants are welcome to bring their own food.
- A kitchen is available for preparing meals and warming up food.
- The location provides toilets as well as **one changing room for all genders**.
- Please note that **no showers** are available.

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PRICING & WHATS INCLUDED

Seminar fee:

500€ per weekend

Whats included:

The seminar fee includes all training sessions held during one weekend: Friday, Saturday & Sunday.

Accomodation & Meals:

Accomodation is not included in the seminar fee.

Participants are free to choose and book their own lodging, whether a hotel, Airbnb or hostel, according to personal preference.

Meals are also not included. A kitchen is available where food can be warmed up or prepared in a simple way. We will be several participants sharing the space, I kindly ask everyone to be considerate and avoid extensive cooking.

Heating up meals or preparing light food is absolutly fine.

Breaks & Chill-Out Area:

A chill-out area is available.

During breaks you are welcome to relax indoors or step outside to rest and recharge between sessions.



REGISTRATION & COMMITMENT

HOW TO REGISTER



To register for the seminar, please download the registration PDF, fill in all required information and send it completed and signed back via email. By submitting the registration PDF you confirm your participation and agree to all seminar terms and conditions. Your registration is binding and your spot will be reserved exclusively for you.

COMMITMENT & ATTENDANCE



If you are unable to attend, you are welcome to transfer your spot to another person. In this case, please inform me in advance via email and provide the filled out PDF form of the new participant, so the change can be properly documented.

PAYMENT TERMS



Payment is made in cash in euros. If a participant does not attend the seminar without transferring their spot, the participant will no longer be eligible to register for future seminars.

WHY THIS POLICY EXISTS



Kung Fu is a practice of commitment, responsibility and conscious choice. When you decide to take part, a place is reserved specifically for you.

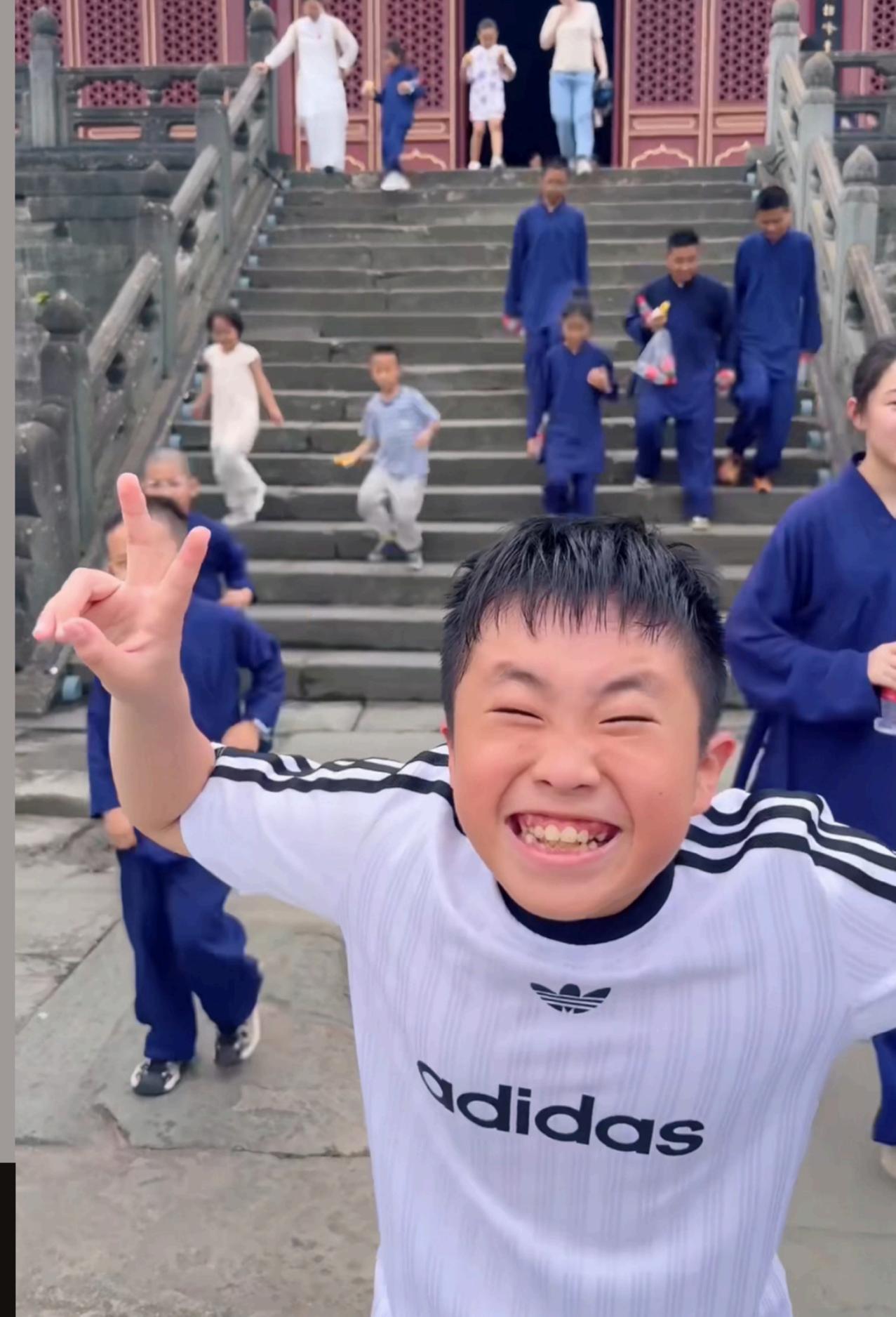
This policy ensures fairness, respect for the group and integrity within the training space.

By sending the completed registration PDF via email, you confirm your binding participation and acceptance of these terms.

DOWNLOAD THE REGISTRATION PDF

Please download the PDF form,
fill it out, sign it and send it
back completed via email to
info@annikasala.com

Your spot is now exclusively
reserved for you.





THE ART OF BLOOMING



ABOUT ANNIKA SALA

I, Annika Sala, grew up in Cancún, Mexico, as a daughter of a Mexican father and a German-Dutch mother.

Professionally, I initially pursued a legal path, earning a Bachelor of Laws, before finding my true calling and passion: telling stories that move peoples heart - whether as an actress, screenwriter and stunt fighter, or through my experiences with Kung Fu martial Arts in China, which I am eager to share with the world.

I have a close relationship with my Master Shifu Yanpeng in China and continue to learn from him. I have been granted permission to pass on this knowledge and I very much look forward to sharing it with you.

CONTACT ME !

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