

Registration for the Seminar The Art Of Blooming

with Annika Sala

Ort: Movement Space Hamburg, Paulinenallee 28, 20259, Germany

Dates July 2026: July 3 – 5, 2026 | July 10 – 12, 2026 | July 17 – 19, 2026

Dates August 2026: August 7 – 9, 2026 | August 14 – 16, 2026

Participation: Open to everyone aged 8 years and older.

Seminar Language: German and English

What to bring: Open Heart and a smile. Comfortable clothing that allows you to move freely and with ease.

I warmly invite you to Hamburg, Germany to experience The Art Of Blooming.

The Seminar follows a clear and disciplined structure by traditional Chinese Martial Arts. The training is focused, embodied and practical, while always connected to inner awareness and personal development.

The Seminar is suitable for both beginners and advanced participants and offers space for physical development, mental strength and shared training.

Seminar Schedule:

- **Friday,** 1:30 pm – 8:30 pm
- **Saturday,** 7:00 am – 8:30 pm
- **Sunday,** 7:00 am – 4:00 pm

Registration

First and Last Name: _____

Address: _____

Phone Number: _____

E-Mail: _____

Signature & Date: _____

Selected Seminar Weekend (please check one)

- Friday, July 3 – Sunday, July 5
 - Friday, July 10 – Sunday, July 12
 - Friday, July 17 – Sunday, July 19
 - Friday, August 7 – Sunday, August 9
 - Friday, August 14 – Sunday, August 16
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Payment Information

The participation fee is €500 (Euro) **payable in cash on site.**

What is included:

The seminar fee includes all training sessions of the selected weekend (Friday, Saturday, Sunday)

Breaks & Chill-Out-Area:

A chill-out area is available. During breaks, participants are welcome to relax indoors or step outside to rest between sessions.

Accommodation & Meals:

Accommodation is not included in the seminar fee. Participants are responsible for booking their own lodging according to personal preference (e.g. hotel, Airbnb or Hostel).

Meals are not included. A kitchen is available where food can be warmed up or prepared in a simple way. As the space is shared with multiple participants, everyone is kindly asked to be considerate and refrain from extensive cooking. Warming up meals or preparing light food is absolutely fine.

Registration is binding. If a participant is unable to attend, the booked seminar weekend can be transferred to another person. If neither participation nor transfer takes place, registration for future seminars will no longer be accepted.

Signature & Date: _____

Photo & Video Consent

I agree that photos and videos of me/ my child may be taken during the seminar and used for educational, documentation and promotional purposes (e.g. website, social media, flyers).

I do not agree.

Liability Waiver / Disclaimer

I participate in the seminar voluntary and confirm that I/ my child am/is physically and medically able to take part in physically demanding training.

I am aware that Kung Fu training involves a risk of injury.

I waive any claims for damage or liability against Annika Sala, the trainers, organizers and the venue, except in case of intent or gross negligence.

Data Protection Notice

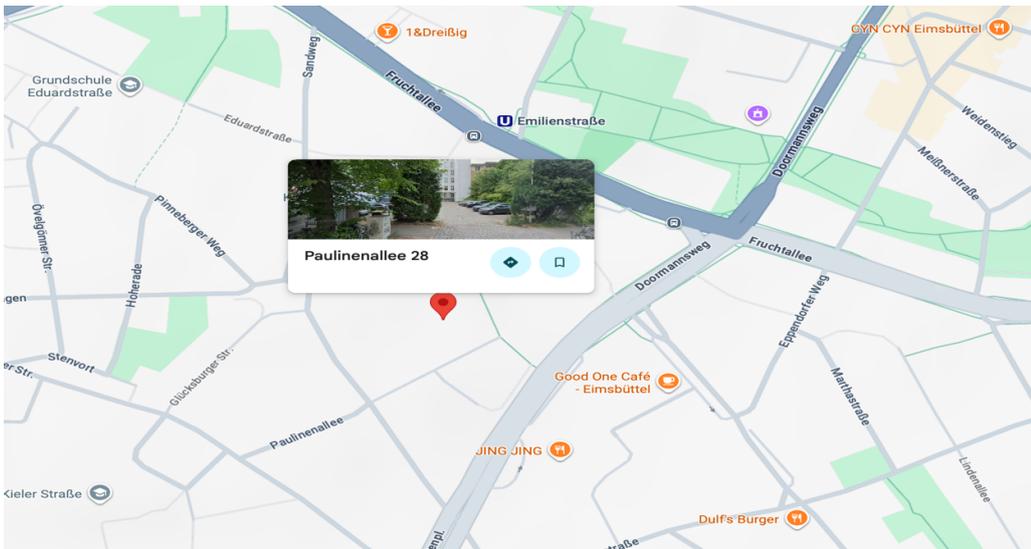
The personal data collected during registration will be used exclusively for the organization and execution of the seminar and will not be shared with third parties. Participants have the right to access, correct, or request deletion of their data any time.

By signing, I confirm that I have read and understood the data protection notice, the liability waiver/ disclaimer and the photo and video consent and I agree to their contents.

Please send the completed and signed registration form to: info@annikasala.com .

Signature & Date: _____

Trainings Base



Schedule

Friday:

- 7:00 am – 1:00 pm – Arrival and check-in at your chosen accommodation (hotel, Airbnb etc.)
- 1:30 pm – 2:50 pm – Registration and payment at the training base (Movement Space Hamburg, Paulinenallee 28, 20259, Germany)
- 3:00 pm – 5:30 pm – Training
- 6:00 pm – 7:20 pm – Break/ Dinner
- 7:30 pm – 8:30 pm – Training
- 8:30 pm – Return to accommodation/ free time

Saturday:

- 7:00 am – 8:00 am – Training
- 8:00 am – 9:20 am – Break/ Breakfast
- 9:30 am – 12:00 pm – Training
- 12:00 pm – 2:50 pm – Break/ Lunch
- 3:00 pm – 5:30 pm – Training
- 6:00 pm – 7:20 pm – Break/ Dinner
- 7:30 pm – 8:30 pm – Tea Time, Q&A, group exchange
- 8:30 pm – Return to accommodation/ free time

Sunday:

- 7:00 am – 8:00 am – Training
- 8:00 am – 9:20 am – Break/ Breakfast
- 9:30 am – 12:00 pm – Training
- 12:00 pm – 1:50 pm – Break/ Lunch
- 2:00 pm – 4:00 pm – Training
- 4:00 pm – 4:30 pm – Departure

Signature & Date: _____