



Shinson Hapkido
Meditation and Movement Meditation Days
with Grand Master Sonsanim Ko Myong

In Ibergeregg from

Tuesday, February 24 – Saturday, February 28, 2026

*We only have the present moment, only this unique and eternal moment that
opens up and unfolds before our eyes,
day and night*

Jack Kornfield

Where do we come from? Who are we? Where are we going?



The past is over! NOW! We do not know the future!



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Program:

February 18, 5:00 p.m. Welcome by Sonsanim

5:30–6:30 p.m. KI DO IN, followed by meditation

7:30 p.m. Dinner created by Samonim and Sonsanim

February 19 **6:45–7:45 a.m. CJI Myong Sang** (meditation)

8:15 a.m. Breakfast created by Gisela

10:30 a.m. – 2:30 p.m. Snowshoe tour led by Gisela

5:30–6:30 p.m. KI DO IN, followed by meditation

19:30 Dinner created by **Group 1**

February 20 **6:45–7:45 a.m. CJI Myong Sang** (meditation)

08:15 Breakfast created by **group 1**

10:30 a.m. – 4:00 p.m. Free time, skiing, winter hiking, etc.

5:30–6:30 p.m. KI DO IN, followed by meditation

7:30 p.m. Dinner created by **Group 2**

February 21 **06:45 – 07:45 CJI Myong Sang** (meditation)

08:15 Breakfast created by **Group 2**

10:30 a.m. – 4:00 p.m. Free time, skiing, winter hiking, etc.

5:30–6:30 p.m. KI DO IN, followed by meditation

7:30 p.m. Dinner created by **Group 3**

February 22 **6:45–7:45 a.m. CJI Myong Sang** (meditation)

08:15 Breakfast created by **Group 3**

10:30 Farewell with Sonsanim, followed by house cleaning

Group 1: tbd

Group 2: tbd

Group 3: tbd

Please note: The program is subject to change at any time (weather, etc.).



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What do I need:

- Meditation cushion and a warm blanket
- Comfortable workout clothes (dobok is not required)
- Breakfast items and drinks will be provided by me (tea, coffee, wine, beer, etc.)
- The individual groups only need to provide dinner and decide in advance what they would like to cook
- Prepare something for the colorful evening on Friday ☺
- Sleeping bag
- Good footwear
- Snowshoes; incl. poles
- Gloves, hat, warm clothes, sunscreen, lip balm, etc. (Meditation)

ATTENTION to the cooking teams: we have vegetarians, maybe vegans, and everything eaters. It doesn't have to be "haute cuisine" but "just" fine. ☺

Arrival: Tuesday, February 24, 2026, from 3:00 p.m.

Cost: CHF 380

Registration deadline: January 31, 2026

Bank details: Schwyzer Kantonalbank, Brunnen – IBAN: CH05 0077 7005 2171 5229 8

Address: Berghaus TV Örlikon; Lauenen 9; 6432 Rickenbach bei Schwyz

Number of participants: max. +/- 15 people

Liability: Participation in the meditation and exercise days as well as travel to and from the venue is at your own risk. No liability is accepted for items brought along. Health and accident insurance is the responsibility of the participant.

If you have any further questions, please do not hesitate to contact me.

I look forward to seeing you ☺ Until then, I wish you a good start to 2026.

Sincerely,

Sabomnim Gisela Tschan

Dojang Leader Schwyz

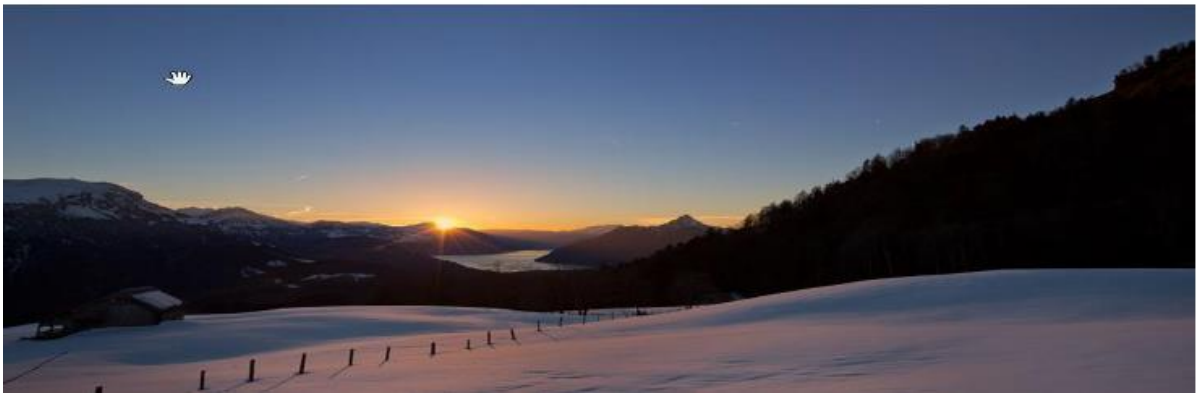
Cell phone: 079 401 31 81

Email: gisela.tschan@bluewin.ch

Arriving by car: Take the N2 national road towards Gotthard via Lucerne to Schwyz via Rickenbach towards Ibergeregg. (You can drive right up to the house and park there.)

PLEASE NOTE: Four-wheel drive is recommended in winter. Otherwise, you must carry snow chains!

Arriving by public transport: Take the train to Schwyz: From Schwyz station, take bus line 503 to the Stalden terminus. Snowshoe tours: Breathe in the fresh air and hike silently through the snow-covered forests.



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