

MARY HEINY SENSEI



6th dan
Seattle, Washington

“Through Aikido we may examine the nature of power, engage in uncompromising self-scrutiny, and realize our potential as powerful, compassionate, self-aware human beings.”

--Mary Heiny Sensei

February 10 & 11, 2012
at AIKIDO OF SANTA CRUZ

- Friday, February 10 6:00 – 8:00 pm
- Saturday, February 11 10:30 – 12:30 & 2:30 - 4:30

TRAINING FEES:

\$30 per class, \$50 for 2 classes, \$70 for all 3 classes

NOTE:	<i>Mary Heiny Sensei will be teaching additional seminars in California:</i>	
Feb. 3-5	KUMAKAI AIKIDO (Sebastopol)	www.kumakai.com
Feb. 7	AIKIDO OF BERKELEY	www.aikidoofberkeley.com
Feb. 8	AIKIDO OF SAN JOSE	www.aikidosj.com
Feb. 12	AIKIDO OF MONTEREY	www.aikidomonterey.com

Aikido of Santa Cruz *a non-profit, educational organization*
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