

Women's Aikido Seminar

"Deepening Connections in Aikido"

with

Linda Holiday, 6th Dan,
Aikido of Santa Cruz

and

Penny Sablove, 4th Dan,
Heart of San Francisco Aikido

SATURDAY
APRIL 7, 2012

In Santa Cruz

9:15am – 4:30pm

\$50 (includes lunch)



To find out more or pre-register:

Email info@aikidosantacruz.org

Call 831-423-8326 (mailbox 1)

Aikido of Santa Cruz

A nonprofit, educational organization

306 Mission Street, Santa Cruz

www.aikidosantacruz.org

Extrafrauentraining!

(Extra Women's Training!)

In honor of the 9 female Aikidoists who will come from Germany to train with us this weekend

Heart of San Francisco Aikido

Sunday April 8, 1pm – 4pm ~ \$25

2565 Third Street, #309, San Francisco

415-643-8407 www.heartaikido.com