

# Women's Aikido Seminar

## *“Deepening Connections in Aikido”*

Linda Holiday, 6<sup>th</sup> Dan, Aikido of Santa Cruz &  
Penny Sablove, 4<sup>th</sup> Dan, Heart of San Francisco Aikido



## SATURDAY APRIL 7, 2012

9:15am – 4:30pm ~ \$50 (includes lunch)

To find out more or pre-register:

- Email [info@aikidosantacruz.org](mailto:info@aikidosantacruz.org)
- Call 831-423-8326 (mailbox 1)



of Santa Cruz

A nonprofit, educational organization

306 Mission Street

[www.aikidosantacruz.org](http://www.aikidosantacruz.org)

### Extrafrauentraining!

*(Extra Women's Training!)*

In honor of the 9 dedicated female Aikidoists who have 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](http://www.heartaikido.com)