

Aikido Seminar

featuring

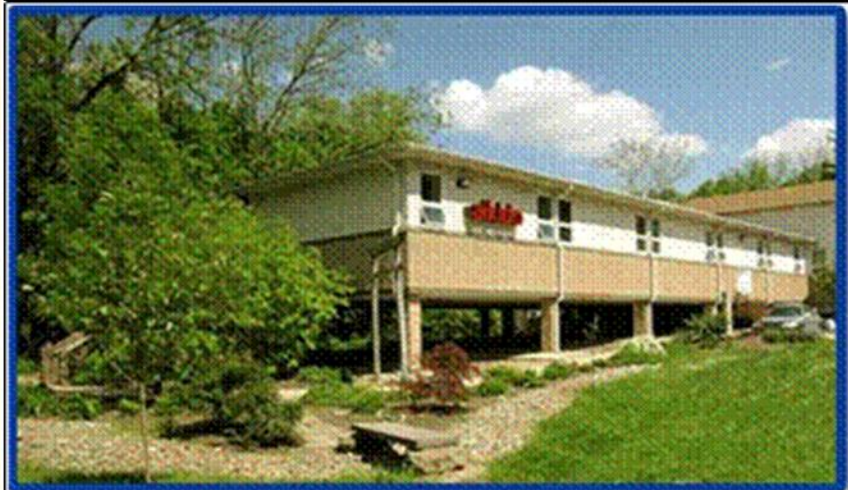
William Gleason, 6th Dan

Author of "The Spiritual Foundations of Aikido"

Kagami Biraki meditation, Misogi, Aiki Principles and Aikido Practice



- Visit www.RiverofLifeCenter.com for registration.
- Open to all martial artists regardless of rank or affiliation.
- \$30 per class or \$95 for the entire seminar.
- Space is limited- Early registration suggested.
- Free lunch provided on Saturday.
- "Pot Luck" kagami biraki party at dojo 7:00 PM Saturday



JANUARY 13th & 14th, 2012

Friday: 6:00-8:00 PM

Saturday: 9:30-11:30 AM, 1:00-3:00, 3:30-5:30

River of Life Martial Arts & Wellness Center

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