

INTRODUCTORY AIKIDO

A SERIES OF CLASSES ON AIKIDO FUNDAMENTALS. HOW TO MOVE WITH MIND-BODY UNIFIED, HOW TO FALL SAFELY, HOW TO SMOOTHLY LEAD OTHERS, AND WHAT ARE THE BASIC POSTURES AND MOVEMENTS IN AIKIDO.

A 5-week, 10-session class. \$65 ages 15 and up

Mondays and Thursdays • 5:30pm to 6:30pm
March 6 - April 5, 2017

(includes dojo membership for March & April, 50% off)

Tuition Includes:

- 10 introductory training sessions
- 6 fundamental skills of aikido
- Access to all other classes for beginners
- 5 one-hour ki-classes (optional, but recommended)
- membership through the end of April
- (No practice uniform required.)

Introductory Aikido begins 30 minutes before the regular aikido class, and features the study and practice of one basic aspect or skill of aikido each night. Then we join the regular class for warm-ups and basic exercises for 30 minutes. You are welcome to stay as long as you want.

Even though aikido is a martial art, at its essence, it is not about overcoming others. Aikido training is about polishing ourselves into harmony with our opponents and the universe. It is learning to live from a deep embodied connection, to live calmly, and to live with grace and non-dissension. Aikido, in other words, is training to lead a positive and successful life. Plus the training itself is a lot of fun; good hearted laughter often washes across the mat...

Ki-Class, Tuesday from 4pm - 5pm

BEGINNERS, VISITORS AND GUEST ARE WELCOME!



Call to pre-register & arrive 15 minutes before first class.

Located in YogaDurango,
1140 Main Ave. Durango.

Steve Self 970-422-2803

