

AIKIDO

Introduction to Aikido & Open Dojo

FIRST SATURDAY EVERY MONTH
11AM - 12NOON

ROOM 3-4, MASON CENTER, 333 E 12TH STREET, DURANGO
BEHIND THE TENNIS COURTS ON 3RD AVENUE & 12TH STREET
DOWN THE HALL TO ROOM 3-4

FREE



Come join us for an easy experience of Aikido.

As we will be moving around the mat and rolling a bit, wear sweats and t-shirt, bring water. Please come a few minutes early to sign in.

We recommend participating in the Introduction Class, on the mat, to experience for yourself aikido, mind-body unification and ki. You are also welcome to watch, listen, and ask questions after the class.

Our advanced Aikido practice runs from 9am to 11am, so you can come early and see what it looks like with more intensity and with multiple attackers.

The introduction is free. We hope you can stop by, even if it is just to appreciate the beauty, connection and flow of Aikido.

The first Saturday Introduction & Open House will be April 2, 2011.



durangoaikido.com • zanshin@durangoaikido.com

Steve: 385-6832