



# **Aikido of San Luis Obispo**

hosts

**Michael Smith, 5<sup>th</sup> Dan**

Aikido of Monterey

**“Aiki-Jo”  
(Ki Flow Practices)**

**Saturday, June 27<sup>th</sup>**

**10am – 12:30pm**

**\$25**

Exploring and experiencing natural energy patterns through connected movements with a jo (wooden staff). These practices inform and enhance our understanding of the concepts of blending and extension.

**All Levels Welcome!**

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