



Please Join Us for Inspirational Aikido Classes with

MARY HEINY SENSEI

February 5 –14th, 2010*

Kuma Kai Aikido Aikido of San Jose
Aikido of Berkeley Aikido of Santa Cruz
Aikido of Monterey



The techniques of Aikido are intended for us to use in examining the nature of power, to engage in uncompromising self-scrutiny, and to realize our potential as powerful, compassionate, self-aware human beings.

Mary Heiny Sensei

*Note Mary Heiny Sensei will also be teaching at **Kuma Kai Aikido** on Feb. 5 to 7 see: www.kumakai.com

◇ This seminar is open to students of all levels. ◇



SCHEDULE OF CLASSES

Tuesday Feb. 9	6:30-8:00 PM	Aikido Of Berkeley 1352 S 49th St Richmond	(510) 412-9999 www.AikidoOfBerkeley.com	Training Fee: contact dojo
Wednesday Feb. 10	6:30-8:30 PM	Aikido Of San Jose 190 Martha St., San Jose	(408) 294-3049 www.AikidoSJ.com	Training Fee: contact dojo
Friday Feb. 12	6:00 – 8:00 PM	Aikido of Santa Cruz 306 Mission Street, Santa Cruz CA 95060	(831) 423-8326 www.AikidoSantaCruz.org	Training Fees: \$30 per class \$50 for 2 classes \$70 All 3 classes
Saturday Feb. 13	10:30 – 12:30 PM 2:30 – 4:30 PM	(Q&A Period Included)		
Sunday Feb. 14	10:00 AM to 2:00 PM; two classes	Aikido Of Monterey 1251 10th St., Monterey	(831) 375-8106 www.AikidoMonterey.com	Training Fees: contact dojo

The way is infinite, like an inexhaustible spring.
Morihei Ueshiba, Founder of Aikido

