

# 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 4-week, 8 session class. \$45 ages 15 and up

**Mondays and Thursdays • 5:30pm to 6:30pm**

**March 12 - April 5, 2018**

Tuition Includes:

- 8 introductory training sessions
- 6 fundamental skills of aikido
- Access to all other classes for beginners
- 4 one-hour ki-classes (optional)
- Membership through April 5th.
- 30% off next month's membership (\$45)
- (No practice uniform required)

Aikido is a martial art, but at its essence is not about overcoming others. The training emphasizes aligning ourselves in 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.



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

**Located in YogaDurango,  
1140 Main Ave. Durango.**

**Register: [zanshin@durangoaikido.com](mailto:zanshin@durangoaikido.com)**

