INTRODUCTORY ALKIDO



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

Burkening SHIN-BUDO RANKING SHIRING SH

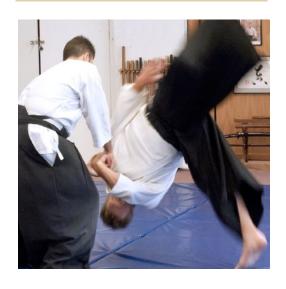
connection, to live calmly, and to live with grace and nondissension. Aikido, in other words, is training to lead a positive and successful life. Plus the training itself is a lot of fun; good-hearted laughter often washes across the mat.



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

Located in YogaDurango, 1140 Main Ave. Durango.

Register: zanshin@durangoaikido.com



durangoaikido.com