

Women's Aikido Seminar

Empowering & Celebrating Women in Aikido

Deepening Personal Practice

With Linda Holiday Sensei, 6th dan
and Penny Sablove Sensei, 4th dan



Saturday March 6, 2010

9:15am – 4:30pm

\$50 (includes lunch)

Visit <http://www.heartaikido.com/seminar> to learn more and pre-register



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