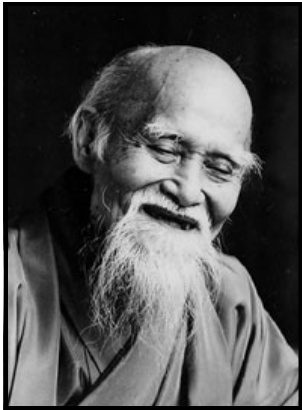


Aikido of Petaluma

gentle martial and energy arts for the pressures of daily life



Energy Awareness, Centering and Mind-Body
Harmony, in a Self-Defense Format.

- **Aikido**
- **T'ai-Chi**
- **Energy Process Work**

Beginners are welcome at all classes. Everyone trains at the appropriate level of their skills and abilities making each class safe and comfortable while still building capabilities. You can come in and observe, ask questions or join in.

Instructor: Robert Noha, 5th Dan,
Teaching in Petaluma since 1983.

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