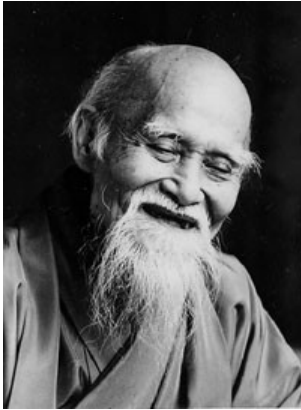


Aikido of Petaluma



gentle martial and energy arts for the pressures of daily life

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

**Energy Process Work, T'ai-Chi
and Aikido.**

***Special Beginners Day.
Saturday, October 17, 2009***

**Beginners are welcome at all classes but
the ones on beginners day are designed
especially for first time attendees giving
newcomers the chance to discover and
experience the arts.**

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



Classes are held at the
Petaluma School of Ballet, 110 Howard
Street, in Petaluma, CA.

www.aikidoofpetaluma.com

(707) 374-6568