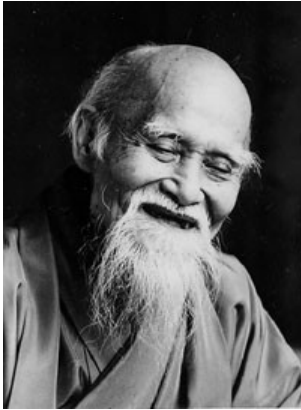


Aikido of Petaluma



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***

All classes 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.
www.aikidopetaluma.com
Call or go on-line for class times.



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