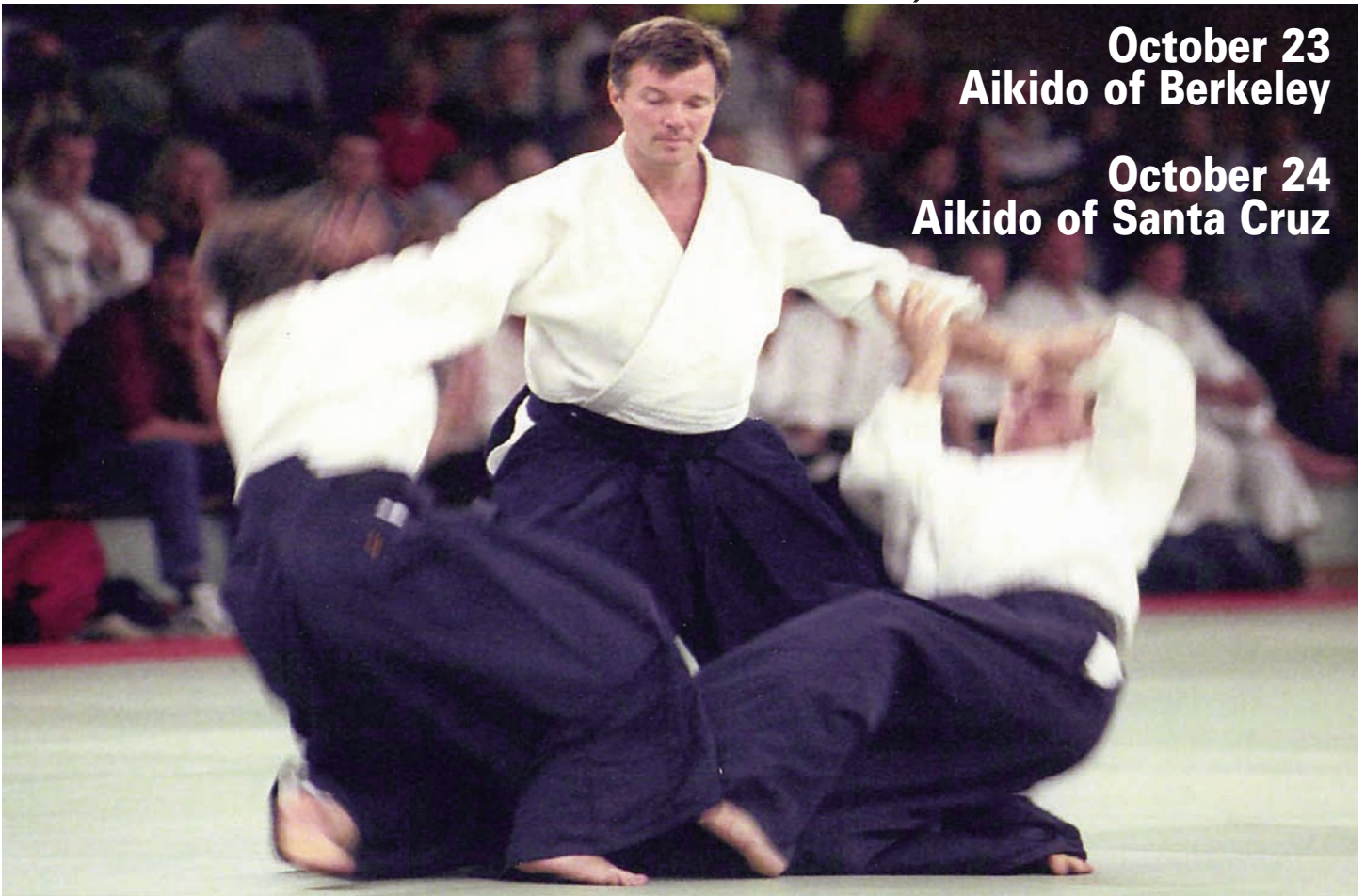


Please join us for special seminars with

# Jan Nevelius Sensei, 6th dan



**October 23  
Aikido of Berkeley**

**October 24  
Aikido of Santa Cruz**

## Jan Nevelius Sensei, 6th dan. Vanadis Aikido Dojo, Stockholm, Sweden

Jan Nevelius is a well-known Swedish Aikido instructor. In his seminars he emphasizes musubi (connection) and soft ukemi. Jan Sensei has been training in Aikido for over 30 years. His most important teachers have been Seishiro Endo Shihan (Tokyo), Christian Tissier Shihan (Paris), and Jan Hermansson Shihan (Sweden). Jan Sensei also trained in Aikikai Hombu Dojo for several years under Yamaguchi Shihan and Osawa Shihan. Jan Sensei is an acupuncturist and a practitioner of other Asian healing arts. Please welcome him back to California!

**“Aikido is not a technique to fight with or defeat an enemy. It is the way to harmonize the world and make humanity one family.”**

**- Osensei**

**Schedule: 10:30-12:00 & 12:30-2:00**  
Training fees: \$45 per day, \$25 per class.

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[www.aikidoofberkeley.com](http://www.aikidoofberkeley.com)  
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Phone: **510-412-9999**

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**Aikido of Santa Cruz**  
a non-profit educational organization  
[www.aikidosantacruz.org](http://www.aikidosantacruz.org)  
306 Mission Street, Santa Cruz CA 95060  
Phone: **831-423-8326**

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Jan Nevelius Sensei will be teaching at Aikido of  
Tamalpais Friday 10/22 6-8pm, visit: [tam-aikido.org](http://tam-aikido.org)

And in the Seattle area October 25-31,  
sponsored by Aikido Seattle: [www.aikidoseattle.org](http://www.aikidoseattle.org)