



AIKIDO of SANTA CRUZ

a non-profit, educational organization
<https://aikidosantacruz.org>

JOIN THE NEW 4-WEEK "INTRO TO AIKIDO" Adult Series! Starting June 3, 2023 at Aikido of Santa Cruz

- 4 Saturday mornings, 9:00-10:15 am **June 3 - 24**
- Plus 4 optional Wed. eves, 6:00-7:15 pm **June 7 - 28**
- Taught by Jeff Reed, 3rd dan black belt, & other instructors
- Try the first week **FREE!** Then enroll as a member of ASC.

This 4-week Intro Series will introduce you to the fundamental principles, techniques, and integrated philosophy of Aikido, "The Way of Harmony". Discover your ability to blend, flow, center under pressure, and expand your spirit! The classes will include a gentle introduction to Aikido's safe falling and rolling methods, and an orientation to traditional Japanese Dojo etiquette. Aikido classes are structured for focused, cooperative learning. Each person will be encouraged to explore Aikido at their own pace. You will be guided by ASC instructor, Shawn Murphy (3rd degree black belt) with additional ASC instructors, in a supportive, non-competitive Dojo environment.

Sign up now for the Intro Series! Become a Member of Aikido of Santa Cruz at a **special discount rate of \$60/month, for your first two months.**

- **The first month**, you'll have 2 Intro Classes per week, plus a free copy of the acclaimed book, *Journey to the Heart of Aikido* (by Linda Holiday).
- **The second month of your membership**, after you have attended at least 3 Intro Classes, you'll have access to unlimited Aikido classes at ASC. We offer 12 Adult Aikido classes each week. Create your own schedule! For effective learning and maximum enjoyment, attend at least two classes per week.
- **After your first two months, your ASC membership** will continue at the normal Adult rate of \$115/month, for unlimited training. (Teens: \$90.) You can cancel your membership at any time, or continue your ongoing Aikido practice.

Here's how you sign up:

To attend the Intro to Aikido Series, you'll need to **create a Mindbody online account** (or log in if you already have a Mindbody account). Then **upload your proof of Covid-19 vaccination**, such as a picture of your CDC card. Then, **email the dojo office** to apply for the Intro Series.

To create a Mindbody account:

1. Go to this link:
<https://clients.mindbodyonline.com/classic/mainclass?studioid=548143>
2. Click Create Account, enter your email in the "Create an Account" box, and click Next.
3. Enter your name, etc., in the next screen, click "I agree" at the bottom and then click Create Account.

To upload proof of vaccination:

1. From your Mindbody account, click on **Documents** on the **My Info** tab, then click **Browse** to select the file on your computer, and then **Upload**.
2. After you have uploaded your vaccination document, **be sure to send an email to the dojo office: info@aikidosantacruz.org**, letting us know that **you wish to apply for the new Intro Class Series**. Then we can verify your vaccination status, enroll you in the class, and send you a confirmation.

>>> Remember! An email is required to complete your registration.

Here's how to set up a membership:

1. Log into your Mindbody account using the same link as above.
2. Click the Online Store tab, then click Memberships, and select Adult Monthly Membership from the drop-down list. Click "I Agree" and then Make Purchase.
3. In the next screen, enter the promo code INTRO, which will reduce the first two monthly payments to \$60. Then click Checkout.

Covid Safety at Aikido of Santa Cruz: Protecting Our Community

- The ASC Dojo building is spacious and well-ventilated: doors & windows open, fans running. Mats and other surfaces are cleaned on a regular basis. Air purifiers are in dressing rooms and rest rooms.
- All ASC Instructors and Students are fully vaccinated against Covid-19, and have formally certified their full vaccination status.
- Facemasks are **optional** when in the dojo.
- Entry to the Dojo building is limited to those who have registered with ASC and uploaded proof of their vaccination.
- To observe a class at Aikido of Santa Cruz, you must first register with ASC and upload your proof of vaccination (as above), then contact the ASC office to arrange a date to observe. **No drop-ins** – register online.

Sign up now to secure your space! If you have questions or concerns, please contact the ASC office at info@aikidosantacruz.org, or call 831-423-8326.

Aikido of Santa Cruz is a nonprofit, educational, charitable organization, serving the community since 1982. We are grateful for the

generous support of our community, which allows us to continue to provide Aikido instruction for adults, teenagers, and children. See ASC's website for info about ongoing classes for members, including youth and teen classes, online classes, upcoming special events and seminars, financial aid, instructor bios, and more: www.aikidosantacruz.org.

We look forward to sharing the joys of Aikido training with you, very soon!

Linda Holiday

Chief Instructor, Aikido of Santa Cruz

Jay Munyer, ASC Office Manager

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