

Please forge your spirit through daily training. Together with all of you I want to advance the cause of PEACE everywhere in the world. – Morihei Ueshiba O-Sensei

SATURDAY, SEPTEMBER 21

The United Nations International Day of Peace!

10:30 am – 1:15 pm

at AIKIDO OF SANTA CRUZ

a collaborative Aikido seminar co-taught by

MATT FLUTY SENSEI & LINDA HOLIDAY SENSEI



Matt Fluty Sensei, chief instructor of Aikido Center Sacramento <http://www.theaikidocenter.com/instructors/> with Linda Holiday Sensei, chief instructor, Aikido of Santa Cruz <http://www.aikidosantacruz.org/instructors2.html>

Longtime Aikido friends and colleagues, Matt Sensei and Linda Sensei share a background of deep study with the Aikido teachers in Kumano, Japan, who in turn emphasize the spiritual teachings of O-Sensei, the founder of Aikido.

Classes: 10:30-11:45 & 12:00-1:15 **Training fees:** \$15-25 (please give what you can)

AIKIDO OF SANTA CRUZ – a nonprofit educational organization, serving the community since 1982. info@aikidosantacruz.org 306 Mission St, Santa Cruz CA