

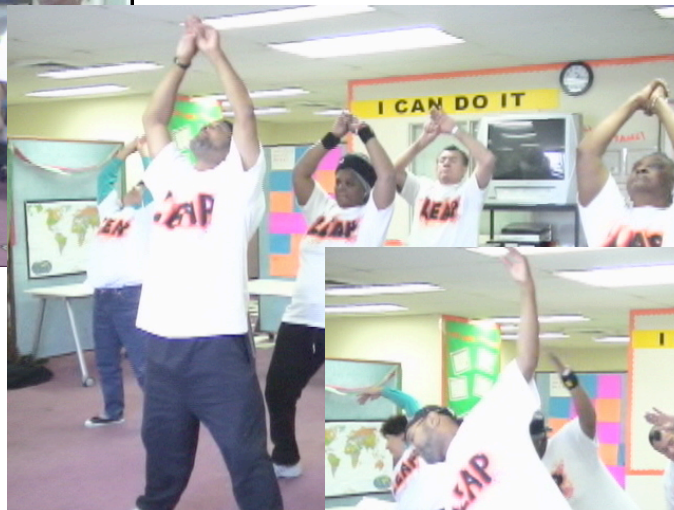
Relax Taiso

For relaxation, Balance and Mind/Body coordination

A No-impact Japanese Aerobic Class
Developed by Aikido Master Koichi Tohei
Taught by Maida Sensei (a senior teacher for Tohei Sensei)
Relax Taiso is safe and fun for all ages and is taught in Senior Centers, Hospitals, Health Clubs, all ages of school children, as well as Law Enforcement.

You will learn how to relax while in motion and the moves are applicable for all kinds of daily activities as well as self-defense.

Classes forming now in Albany at the Senior Center
Tuesdays 6-7PM Beginning in September
Sign up now through the Albany Recreation Department
(510) 524-9283



Seniors Class in Richmond, Ca.