

Relax Taiso

For relaxation, Balance and Mind/Body coordination

A No-impact Japanese Aerobic Class for Seniors
and all ages

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.

Point Richmond Community Center

139 Washington Ave. Richmond, CA 94801

510 - 233-6881

Mondays 12:00 noon – 1:00

(additional locations see web site)



Seniors Class in Richmond, Ca.

www.kionline.org

