

Shin Shin Toitsu Aikido

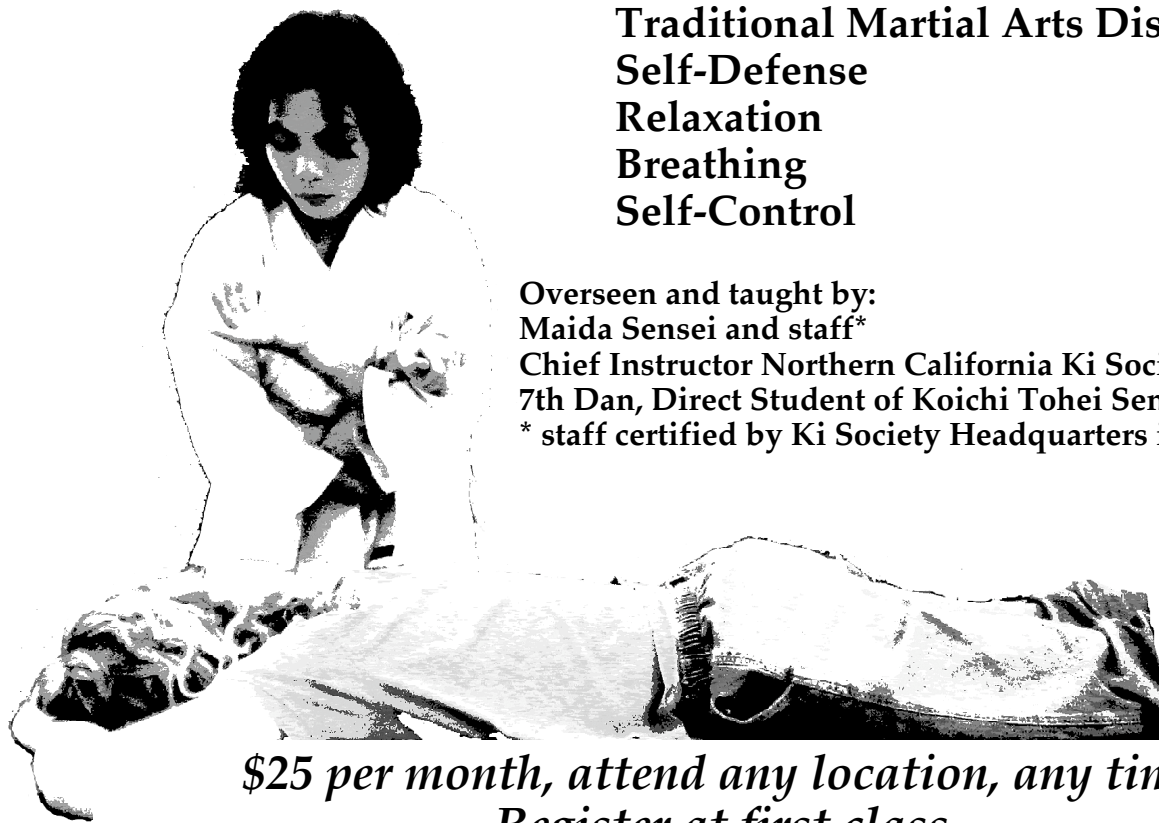
"Peaceful Resolutions to Conflict"

Martial Art Class

Learn:

Traditional Martial Arts Discipline
Self-Defense
Relaxation
Breathing
Self-Control

Overseen and taught by:
Maida Sensei and staff*
Chief Instructor Northern California Ki Society
7th Dan, Direct Student of Koichi Tohei Sensei (Founder)
* staff certified by Ki Society Headquarters in Japan



\$25 per month, attend any location, any time
Register at first class

Booker T. Anderson Community Center
960 S. 47th St. Richmond, CA 94804
510-620-6816

Adult Class

Monday & Wednesday 6:30-8:00pm
Tuesday & Thursday 10:00-11:00am

Point Richmond Community Center
139 Washington Ave. Richmond, CA 94801
510 - 233-6881

Kids' Class (6-12 yrs old)

Tuesday and Thursday 5:30 – 6:30

Adult Class

Tuesday & Thursday 6:30- 8:00

Adult Shin Shin Toitsu Aerobics
"Relax Taiso"

Monday 12noon-1:00



More info at www.kiaikido.org