

**MUN
AIKIDO
CLUB
21 MEWS
PLACE**

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SENIORS

**Aikido and Yoga
Posture Balance
and
Flexibility**

Classes will emphasize balance, posture and flexibility using yoga and traditional Asian warmups coupled with soft exercises and partner practices from Aikido for 50+

**Fees: \$120 for all 15 classes
\$10 drop in**

**Instructor
John Bell - Aikido Nidan - 2nd degree black belt
Started practicing Aikido in 1992, at 39**

**More info?
[Bell.john.m@gmail.com](mailto:bell.john.m@gmail.com)**

**WEDNESDAYS
MORNINGS
10:30 TO 12:00
SEPT 6/DEC 13
2017**