

“Back to the Mat”



Quaranta & O'Connor

September 29

10-1 / 2-5

September 30

9-12

Open to all - beginners thru advanced

Bring your bokken and jo - just in case. (also available for purchase at the East Hanover Dojo)

Full Seminar: \$100 Sat. Only: \$80 Sun. Only: \$50

(You can also pre-register at any Aikido Centers Dojo)

at Aikido Centers-East Hanover

55 Eagle Rock Ave. East Hanover, NJ 07936 • 973 599 9300 • www.AikidoCenters.com

Warning!

Training in Aikido is hazardous to poor health. It can lead to strengthening your core, sharpening your brain, improving your overall physical well-being, and your entire mental and emotional state of being.