
Aikido Laboratory presents

Women's Aikido Workshop

Stepping into our Power

Saturday, March 3, 2018

10 a.m. to 4 p.m.

(enjoy lunch at the dojo)

with

Judith Robinson Sensei, 6th Dan

Aikido at the Center, Tucson

Sharon Seymour Sensei, 5th Dan

Katsujinken Dojo, Prescott

Trish Castalia Sensei, 2nd Dan

Aikido of Tucson



Photo Courtesy Kristine Prakash
Redlands Aikikai

at

Aikido at the Center

3045 N. Stone Avenue

Tucson AZ 85705

www.aikidoatthecenter.org

Open to women of all ages, whether presently practicing Aikido or not

Aikido invites us to build skill at 'power with' in our lives and relationships. This concept was introduced by Rianne Eisler in her book *The Chalice & the Blade*. By establishing habits of alignment with gravity, we also open the possibility of aligning internally, or psychologically and emotionally. Grounded and open, we step into the world from a place of power based on mutual respect for our differences, celebrating all beings as they are.

Cost:

Requested contribution: \$15 - \$50, sliding scale (includes training & lunch).

Contributing at the highest level your financial situation allows helps us offer this series to all who wish to attend.
