

BEGINNERS AIKIDO FOR ADULTS

Tuesdays
7:00-8:15pm

Adults of all ages are invited
to start any Tuesday



*Come enjoy the feeling of
peaceful power and joyful learning.
Get personal attention from black
belt instructors in a safe and
friendly format.*

\$15 one session / \$35 for a 4 session pass
(wear loose comfortable shirt and long pants)

Sponsored by Safe-SLO Nonprofit

for more info

call 544-8866

or email aikidoslo@mac.com

AIKIDO OF SAN LUIS OBISPO

SERVING SAN LUIS OBISPO FOR 23 YEARS

209 Bonetti Drive -- Higuera & Prado

WWW.AIKIDOSLO.COM



What is Aikido ?

Aikido is a modern Japanese martial art derived from the deadly fighting arts of Ancient Japan. Through its sophisticated system of spherical, flowing techniques, Aikido unites mind and body to a powerful, centered whole – calm and peaceful, yet aware and ready for action. Aikido techniques are applied to stop violence rather than to harm or compete. Balance, alignment, core strength, flexibility, and increased energy are among the personal benefits.

At Aikido of SLO, Men and Women

practice in cooperative partnership to develop powerful responses to violence, and graceful power for everyday life.

Highly Qualified Black Belt Instructors

teach in a safe, supportive, peace-oriented environment. Chief Instructor Mary Tesoro, 4th Degree Black Belt, 28 years experience.

**Aikido of San Luis Obispo
is located at 209 Bonetti**

At Higuera and Prado:

- Turn onto Prado (away from the freeway)
- Go Right on Empresa (the first street)
- You'll see us at the end of the block!

For a Map google 209 Bonetti

ABOUT SAFE-SLO NONPROFIT Safe-SLO is a volunteer-run 501 (c) 3 nonprofit whose mission is provide alternatives to violence through high-quality safety and empowerment programs for children, teens, adults, families, groups, and agencies in San Luis Obispo County. Volunteer instruction is provided by highly skilled professionals whose donated time reflects their commitment to empowering others with alternatives to violence.