

PHOENIX FRIENDSHIP SEMINAR

Friday Evening **MARCH 22, 2019**



ARIZONA AIKIDO AGATSU DOJO WELCOMES:

Jamie Leno Zimron Sensei, 6th Dan AWMAI

**ALL ARE INVITED TO THIS SPECIAL
EVENING OF AIKI TRAINING**

**FRIDAY, MARCH 22 6-8:30PM, \$25
939 WEST CAMELBACK RD. PHOENIX 85013**

Zimron Sensei shares generously from her rich background in Aikido, somatic psychology, professional golf, leadership development, women's empowerment, and international peace projects. She works to build Aiki bridges across borders of all kinds, and has just returned from teaching & writing in the Middle East.

*"Kata means 'how one behaves.'...You must be, completely, in whatever you do...
One should live the world with one's body, here and now.
And concentrate completely, on every action."
Taisen Deshimaru, The Zen Way to The Martial Arts*