

Musubi Weekend



Mary Heiny Sensei 6th Dan



Linda Holiday Sensei 6th Dan



Kayla Feder Sensei 6th Dan



Musubi

"Musubi means to join, connect, unify, tie together"

"Musubi is the heart of Aikido. In Japanese, We may have heard the word "musubi" as we train but what is its practical application on the mat and in our lives. How do we accomplish musubi within our own selves and out in the world? This seminar will be a place to explore this technically and spiritually. I am sure this will inspire and empower your Aikido."

As I travel around teaching Aikido I have encountered many fine senior women teachers. I am convinced that a seminar where several of these teachers join me to offer their insights into Aikido to everyone, men and women would be challenging and inspiring."

- Mary Heiny Sensei

April 15-18

hosted by Aikido of Berkeley
1352 S. 49th St., Richmond, CA 94804

Everyone who loves Aikido is invited to join

**Mary Heiny Sensei 6th Dan,
Linda Holiday Sensei 6th Dan, and
Kayla Feder Sensei 6th Dan**

Join in the exploration of Musubi,
the heart of Aikido.

Also featured are
Danielle Smith Sensei 6th Dan,
Denise Barry Sensei 5th Dan ,
Betsy Hill Sensei 4th Dan
Penny Sablov Sensei 4th Dan,

Cost of Full Seminar:
\$175 in advance and \$200 day of event

Fee Per Day:
Half day \$50
Full day \$100

Over night stay:
\$15.00 w/ kitchen facilities available to prepare lunch and dinner

For more information and to register
go to www.maryheiny.com
or call Aikido of Berkeley at: (510) 412-9999

Schedule:
Thursday, April 15
6:30 - 8:30
Friday, April 16
9-12:30 & 2:30-4:30
Saturday April 17
9-12:30 & 2:30-4:30
Sunday, April 18
10-1:30