
Aikido Laboratory presents

Aiki Taiso: **Connecting Body, Mind & Spirit**

Saturday, August 24th, 2019
10 a.m. to 12:30 p.m.

Arizona Agatsu Dojo
939 W. Camelback
Phoenix, Arizona
(11th Avenue & Camelback)

with
Sharon Seymour Sensei, 5th Dan
Katsujinken Dojo, Prescott



Koichi Tohei demonstrates udefuri choyaku

Aikido is not for correcting others; it is for correcting your own mind. — Morihei Ueshiba.

Aiki Taiso translates simply as 'exercises for connecting with ki.' O Sensei remarked that there must be a good warmup before class so that people of all ages and conditions can be ready to train safely. Most familiar is the aiki taiso set developed by Koichi Tohei. This set offers benefits beyond a physical warm-up, allowing us to study our own habits of movement, balance and alignment on physical, mental and energetic levels. Working with selected exercises, we will take them apart and put them back together, studying these elements and levels in both solo and partnered forms. Students at all levels of experience are welcome!

Seymour Sensei is the Chief Instructor at Katsujinken Aikido Dojo in Prescott, Arizona. She created the Aikido Laboratory in 2016 with the purpose of offering in-depth & innovative explorations of "The Art of Joining With the Universe," from building basics to diving deep; from martial focus to applications in daily life. She has been practicing Aikido since 1983.

Cost:

Requested contribution: \$10 - 40, sliding scale.

Contributing at the highest level your financial situation allows opens these workshops to all who wish to attend.
