

SUNDAY, JANUARY 28, 2018

Noon – 3:00 pm

Be Still, Let the Self Emerge



**Contents:**

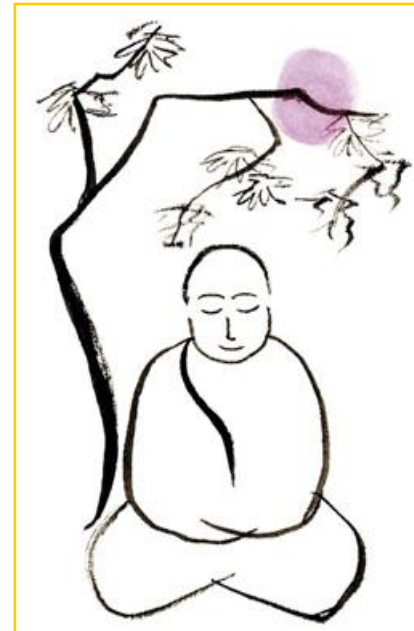
- Still the body
- Still the energy
- Still the emotions
- Still the mind

**Instructor:**

Hoa Newens Sensei has trained in Wu Tai Chi and Chi Kung for 29 years.

**Bring:** pillow to sit on

**Cost:** \$30



**AIKIDO INSTITUTE DAVIS**

638 Cantrill Dr. Ste B, Davis, CA 95618

(530) 297-1215 or [dojo@aikidodavis.com](mailto:dojo@aikidodavis.com)

[www.aikidodavis.com](http://www.aikidodavis.com)

