



Michelle Keip's Samurai Sprouts

Empowering your child with the wisdom of shaping and regulating energy flow to meet life's challenges with confidence.



I can
sit like a mountain

AIKIDO – THE MARTIAL ART OF PEACE

Non-competitive and non-violent, Aikido cultivates resilience and resourcefulness with Nature as it's primary inspiration. Power has energy and responds to form. Choosing how to use our power is a lifelong journey. Michelle Keip's Samurai Sprouts offers joyful practices, interactive games and sharing to nourish the whole child. Students develop centering, cooperation, and commitment while having a great time.

CLASS INFO

WILLIAMS GRANGE

THURSDAYS

Ages 5-7 3:30-4:30 pm
Ages 7&up 4:45-5:45 pm

\$45-60/Month
Sliding Scale

Pre-Registration Required

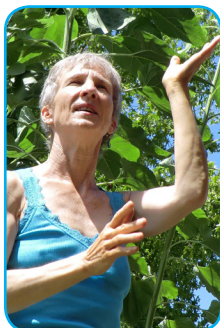
**CONTACT MICHELLE TO
RESERVE SPACE!**



I can
focus like a fox

"I can't say enough about Sensei Michelle and our Samurai Sprouts Class. My son started classes at five years of age and received so many valuable skills from her. She started us on a journey that we are still on. What a wonderful introduction to Aikido, body awareness, confidence, and friendship."

Jana Wick, Owner & Head Coach
Napa Valley Fencing Academy



ABOUT MICHELLE

Michelle Manger Keip, RN, PHN,
4th Degree Black Belt in Aikido

Michelle is dedicated to watering the seeds of peace in herself and in the world and is excited to offer this innovative Aikido class to her community. She has over twenty-five years experience teaching children of all ages and her work is inspired, brilliantly playful, and deeply empowering.

CONTACT MICHELLE AT

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I can
Shine like a Star