

Aikido in Williams!

Would you like to feel more centered, at ease and resilient with the unpredictable waves of daily life?

Aikido can help!

The 'Martial Art of Harmony' offers simple practices and perspectives for cultivating immediate and long-term benefits for you.

Come feel the "KI" & learn how to use it

Thursdays • 6:00 to 7:30 pm

Adults (age 14+) • *First Class \$15* • Dues \$50-65/mo

Family plans & reduced rates available – just ask

Williams Grange • 20100 Williams Hwy

Sensei David Keip, 5th degree black belt, 35 years experience

707-695-2679 or info@wellspringai.com