

2011 Women's Aikido Seminar



Back by popular demand – taught by women, for women

Date: Saturday, April 16 & Sunday, April 17

Location: Tokushinkan Dojo – One Point Center
48 Lake Street, Oak Park, IL Dojo Phone: (708) 383-4711

Instructors: **Dianne Costanzo**
Tokushinkan Dojo, Oak Park, IL
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Elisabeth Menning
Onshinkan Dojo, Merrillville, IN
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Schedule: **Saturday**
Training 9-12, 1-4
Testing 4:30
Kyokai kyu test – open to all
organization members

Sunday
Training 10-1, 2-5

Fee / Info: **\$65** *Bring lunch! We'll eat in the dojo both days. This two-day seminar includes two special sessions in addition to the Aikido training - pilates on Saturday and meditation on Sunday*

Please join us! We are open to any rank, experience level, affiliation, or style! Adults and youth welcome.

