



# Adult Aikido



- Body Awareness, Self-Development
- Centering and Grounding
- Positive Energy, Positive Attitude
- Health and Spirit
- Self Defense
- Safe and Supportive Environment

Aikido is a martial art that promotes harmony and non-aggression by developing an awareness of oneself, an awareness of others and a way of interacting in harmony. Training for mind, body and spirit.

**Ages:** 14 and older

**Days/Hours:** Mondays 7:45 - 9:30pm

Thursdays 7:45 - 9:30pm

**Monthly Fees:** \$20 Facility Member  
\$30 Basic Member  
\$40 Non-Member

**Instructor:** Don Stratton, 6<sup>th</sup> Dan  
Over 38 years training,  
33 years teaching at the YMCA.



Affiliated with Aikido World Headquarters and the Pacific Aikido Federation

[www.pacific-aikido.org/srdojo.html](http://www.pacific-aikido.org/srdojo.html)

**Sonoma County Family YMCA**

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*The YMCA is a not-for-profit, community organization. Financial assistance is available*