

NEW PROGRAM

The Art of Peace

Aikido

For Children

Petaluma Academy of Martial Arts is excited to announce a new Children's Class. Aikido is a non-competitive martial art, known as the "Art of Peace" for its conflict resolution qualities.

Playful, Fun & Safe Classtime Activities Promote:

Movement

Presence

Cooperation

Respect

Class Schedule, beginning Wednesday, Sept 14th:

Ages 4 - 7: Wednesday 3 - 3:30

Ages 7 -12: Wednesday 3:30 - 4:15

Cost: \$80 per month

**FIRST CLASS
FREE**

A note from the Instructor, Linda Morris, Aikido Black Belt

I have been training at Aikido of Petaluma with Sensei Bob Noha for over 19 years, and learning more all the time. There are so many layers yet to be discovered. My degree from USF is in Organizational Behavior. My love of children comes naturally, as a mother of two and grandmother of six. Teaching children Aikido is a joyful endeavor. I look forward to the fun we will have playing and learning together.



PETALUMA ACADEMY OF MARTIAL ARTS

620 Petaluma Blvd N Petaluma, CA 94952

778-1069 www.pamakarate.com