

Tired of fighting through life? St. Louis Aikikai invites you to try something new this year:

# *“An Introduction to Aikido”*

Special 3 month offer for adults (16+):

*First 6 weeks \$95*

*Next 6 weeks FREE*

**New U-Loop Location:**

2 blocks North from Blueberry Hill

All Saints Parish Church Hall, 6403 Clemens, University City, MO 63130

Call 314-733-0356 for information or email

[Aikido@StLouisAikikai.org](mailto:Aikido@StLouisAikikai.org)

[www.StLouisAikikai.org](http://www.StLouisAikikai.org)

Classes: Tuesday, Thursday & Friday @ 7.00-8.30 pm

No prior experience necessary. Please wear loose fitting clothing.

**Aikido is a dynamic martial art for all ages, which aims to achieve “centeredness”, offering development in the following areas:**

- Flexibility • Aerobic Fitness • Self Confidence • Stress Reduction • Balance • Posture • Core Strengthening • Coordination • Sensitivity • Mental Focus • Awareness • Breathing • Relaxation • Self Defense Applications •

合気道

