



**Traditional
Aikido
of
Sonoma**

Aikido Gasshuku featuring:

Louis Jumonville Sensei, 5th dan

Jumonville Sensei, Chief Instructor of Hikari Dojo in Martinez, has been training in the martial arts for over 36 years. He has been teaching Aikido since 1989, and also teaches yoga and meditation in the tradition of Kundalini Maha Yoga. He served as uchi deshi for Morihiro Saito Shihan in Iwama, Japan and with Pat Hendricks Sensei in San Leandro.

This seminar will explore Aikido as Shugyo – *“conducting oneself in a way that inspires mastery.* Everyone please bring your weapons.

Sunday, April 11th 10am – 12pm, 1:30 - 3:30pm

with kids 6 - 12 yrs welcome 11am – 12pm

Adults: Full Day \$30, Half Day \$20, Kids: \$10

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