



COURSE FOR BEGINNERS



from Thursday, 12 January 2017

This unique Japanese martial art relies on a non-violent form of self-defense. Aikido offers a holistic training of mind and body and stimulates movement coordination, concentration and endurance.



IWAMA AIKIDO
—ZÜRICH—

When: each Thursday 18.00–19.30
with comfortable clothing

Where: Iwama Aikido Zürich, Stoffelstrasse 9

Registration: info@iwamaaikido.ch

Infos: www.iwamaaikido.ch

Duration: 2 months

Price: 120 CHF



AIKIDO

