



Aikido for Anyone!

# Heart of Courage

taught by Michelle & David Keip

*Be the change you want to see*

## Somatic and Relationship Practices inspired by Aikido, the Art of Peace

*No fighting, no falling. Heart of Courage offers the transformative power of Aikido without the physical challenges. Suitable for all, age 16 & up.*

- Befriend your body and deepen intuition
- Learn how to return to Center in any situation
- Keep your heart open in the midst of relationship conflicts
- Increase your capacity to engage whole-heartedly in the world

*"I bring my toughest problems and as we practice they become shining opportunities" M.M.*

*"Heart of Courage has given me the best practical tools for living my life strongly centered in love. I've used them often to help clients." Jan Ogren, MFT*

**Basics Evening • Thursday, December 29 • 7:00–8:30 pm • \$10**

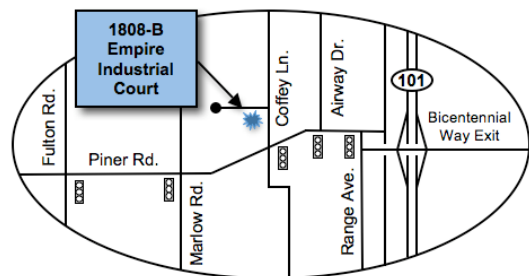
Give yourself a "centering Tune-up" for the holidays

### Ongoing "Adventure Group"

2<sup>nd</sup> & 4<sup>th</sup> Thursdays • 7:00 to 8:30pm

\$55 per month • start anytime

David & Michelle are the co-founders of Wellspring Aikido & MovementOasis



Wellspring Aikido & MovementOasis • 1808-B Empire Ind. Ct., Santa Rosa, 95403

www.wellspringai.com • 707-544-2673 • info@wellspringai.com