

Mindfulness in Motion



A 5-week introductory course in the Japanese movement art of Aikido
cultivating **Energy, Harmony & Well-being**

Thursday Evenings 6:00 – 7:15
Starting January 26th

- Energy: Discover its Natural Source
- Flexibility: Untie the Knot of the Body
- Relaxation: Transform Stressful Situations
- Harmony: Learn to Join with the Flow

Mindfulness is the state of clear mind, open heart and full presence. In Aikido we discover true presence in the midst of movement and find center in the midst of commotion. Aikido is a powerful way to discover the natural energy and healthiness of the body with exercises and techniques that help us unblock the energy pathways in the body and regain the proper flow. *This course for adults will be geared to the level of physical abilities of the participants.*

Instructors: **Sara Norton** has practiced Aikido for 40 years and in 1979 founded the Aikido school in Montpelier. **Robert Lamprey** has been practicing Aikido for 17 years and has been a student and teacher of meditation for 28 years.

Location: in Montpelier at 1 Granite Street

(Down by the river near the Coop next to the Iron Bridge)

\$50 for the 5 weeks. Pre-registration is not necessary. For information call Sara at 454-8550

www.aikidoofmontpelier.org