



Aikido for **EVERYONE** at Brookside! (ages 8 - adult)

- NON-AGGRESSIVE techniques to resolve conflict
- Sword & Staff Training for poise, focus, awareness and accuracy
- Positive Life Skills – Harmonious Connection, Bright Attitude, Resilience, Respect
- Coordination – Effective Movement
- Health & Wellness - Meditation, Posture, Breathing, Relaxation
- Fun & Friendship – supportive training, dojo social activities



- ❖ **Who:** Brookside students and family members (and community members), ages 8 through to teens and adults
- ❖ **When:** General classes: Wed evening 7:30 - 9 PM and Sunday morning 9:00 – 10:30 AM
- ❖ **Where:** Brookside College Gym
- ❖ **How much:** First Lesson is FREE - discover what a different approach to martial arts Aikido is!

Brookside Students & Families: Per week: One class: \$10 Both classes: \$20

- ❖ **Who is the instructor:** Michael Geisner Sensei has been doing Aikido for 28 years and teaching for 13 years – right here in Caroline Springs! His apprenticeship was under the legendary Master Koichi Tohei and he is still mentored by Japanese and Australian masters. He incorporates his deep understanding of Japanese philosophy, language, Aikido history and tales of the samurai for the full colour of Aikido – as well as technique.

Contact details: Michael's mobile - 0425 745 780 email – info@aikidomelbourne.com

Check us out: www.aikidomelbourne.com or www.facebook.com/aikidomelbourne