



## Book Launch *Celebration & Training*

# *Journey to the HEART of Aikido*

**Sunday, Oct. 6, 10:30 am – 3:00 pm**

Aikido classes taught by **Mary Heiny Sensei**,  
**Linda Holiday Sensei**, and Special Guest Instructors!

Remarks by **Motomichi Anno Sensei, 8th dan**

Book reading by author **Linda Holiday**

Refreshments & Book-signing!

Register in advance online: \$40

Or \$55 includes a signed book!

**AIKIDO**  
OF  
**SANTA CRUZ**



Oct. 5, 6, 12 - Book Launch Events  
in Santa Cruz & San Francisco!

Info: [www.journeytoaikido.com](http://www.journeytoaikido.com)

[www.aikidosantacruz.org](http://www.aikidosantacruz.org) - [www.journeytoaikido.com](http://www.journeytoaikido.com)