



ography by Rosalie O'Connor

www.rosalieoconnor.com

It's About Time to feel better

Learn to move with ease & grace.

Release back pain and stiffness.

Experience the power of subtle movement.

Sunday March 20th

10:00 – 12:00

Cost: Sliding scale \$15 – \$30.

Please dress with ease of movement in mind.

Special benefit for New School Aikido Santa Rosa

Teachers Valerie and Barry Nordby lead you through two powerful
ATM®/TML lessons. Call to reserve your space or get more information

707-578-6931 or email vnordby@gmail.com