



AND



Bay Marin Aikido

present

# ZEN & AIKIDO

Cross Training for the Mind, Body & Spirit

An Introductory Workshop on Zazen for Aikido students and Aikido for Zen students

## Program

- Introduction to Zazen meditation and daily life, led by Edward Espe Brown
- Introduction to Aikido, led by Hans Goto Sensei
- Enhancing Zazen and Aikido practices through cross training, led by Ron Wada
- Aikido demonstration led by Hans Goto Sensei

\*Bring a zafu or cushion for sitting; wear loose, comfortable clothes for aikido practice.

ALL PARTICIPANTS MUST SIGN A WAIVER OF LIABILITY

**When:** Saturday, April 30, 2011, 9:30 am to 12:30 pm

**Where:** Bay Marin Aikido  
1345 Via Sessi  
San Rafael, CA 94901

**Fee:** None (suggested donation \$20)

**Edward Espe Brown** is a Soto Zen priest ordained by Shunryu Suzuki Roshi in 1971. He leads the Peaceful Sea Sangha [web: <http://www.peacefulseasangha.com/>; Facebook fan page: Edward Espe Brown], has authored several books including *The Tassajara Bread Book*, and is the editor of *Not Always So* by Shunryu Suzuki.

**Hans Goto** holds a 7<sup>th</sup> degree black belt in Aikido. He has over 40 years of experience in martial arts and is the head instructor at Bay Marin Aikido [web: <http://baymarinaikido.com/>; Facebook fan page: Bay Marin Aikido].

**Ron Wada** is an instructor at Bay Marin Aikido; he has been practicing and teaching Aikido for over 20 years and has been experiencing the benefits of zazen practice for four years.

For more information please email [ZenandAikido@gmail.com](mailto:ZenandAikido@gmail.com)