

# *Cha Do*

*The Way of  
Tea*

# *Ai Ki Do*

*The Way of  
Harmonizing Energy*

*Come and join us on a journey to discover  
the wholeness of mind, body and spirit through  
two different disciplines.*

*Learn about clarity and mindfulness  
achieved through movement and form.*

*Two senior instructors demonstrate the commonality of  
“Do”, the Way,  
using the radically different disciplines of  
martial arts and tea ceremony.*

*Sachiko Knappman  
Urasenke  
Tea Practitioner*

*Ginny Breeland  
5th Dan Aikido*

Date: Sunday, August 29  
Time: 10:00 am – 12:00 pm  
Location: Cotati Recreational Center  
Eagle Room #1  
East School Street, Cotati, CA 94931  
Seminar Fee: \$25.00

*for more information please contact us at:  
pete@cotatiaikido.com  
(707) 477-9158*