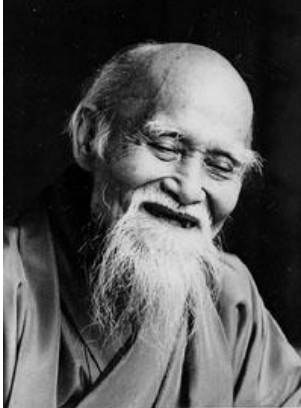


# Aikido of Petaluma



*gentle martial arts for the pressures of daily life*

Energy Awareness, Centering and Mind-Body Harmony, in a Self-Defense Format.

**Aikido and T'ai Chi Classes.**

***Beginners Encouraged.***

Observers welcome at all classes.

Monthly dues: \$70 (\$30 for T'ai Chi only).

Instructor: Robert Noha, 5<sup>th</sup> Dan,  
*Teaching in Petaluma since 1983.*

[www.aikidopetaluma.com](http://www.aikidopetaluma.com) or

**(707) 762-7632**  
for more information.



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