

KINSHIP & REVELRY

"Our ability to have a world depends on our ability to entrain with it. Our ability to entrain or experience our harmony with the vibrations around us allows us to feel our connection with the world. Without entrainment - the basis of all communication - we would exist in isolation rather than in harmony with the universe."

- George Leonard

JONATHAN REID 5th Dan Shido-in
Aikido of Central New York

TIM COOPER 4th Dan
Albany Aikido

BOKKEN SUBURI INTRO
Rivertide Aikikai



RIVERTIDE AIKIKAI
3198 Old Kings Road
Catskill, NY 12414
518-943-4000
www.rivertideaikikai.org

Saturday October 15th 1 - 4pm
Inauguration of BBQ pit, horseshoes & potluck to follow!
\$15 revelry contribution