



presents a day of practice with
LYNNE MORRISON 5th Dan Shidoin.
Senior Instructor,
Florida Aikikai
at Aikido of Red Bank



Saturday September 28 from 10-2pm
\$50 in advance, \$55 at door . Light refreshments provided

In 1971 Lynne Morrison began training with Yamada Sensei at the New York Aikikai. In the years following she was fortunate to train and take ukemi with many of the first generation teachers from Japan. She began teaching in 1978 at the New York Aikikai, and locations in the U.S. Eventually, her interests in eastern medicine and meditation led her to live and work in India for twelve years. In India, she introduced aikido into a traditional meditation environment, training men, women, children and security personnel. Her current aikido practice and teaching emphasizes the power of centered, mindful aiki movement and exploration of the uke/nage connection. Lynne is a Senior Instructor at the Florida Aikikai.



SEMINAR HELD AT AIKIDO OF RED BANK
350 Route 35 (South) (behind the
Gloria Nilson building) Middletown, N.J.
(732)224-8910

For advanced registration, visit
www.bushwickdojo.com