

# Exploring the Secret Teachings of Aikido



Two Day Seminar with Sensei Bob Noha, Rokudan



*In 2007 John Stevens provided the Aikido community with the Secret Teachings of Aikido, a wonderful translation of O Sensei's words. Sensei Noha will share lessons, insights and understandings gleaned from years of studying the teachings.*

*"Aikido is the study of the spirit"*

*In addition to training, Four Springs Retreat center offers a wonderful environment for spiritual and physical regeneration and growth.*

**When: April 9<sup>th</sup> and 10<sup>th</sup>**

**Where: Four Springs Retreat Center  
Middleton, CA**

**Cost: \$150**

**Call: (707) 234-8996 for info and reservations**

**Includes 1 night's logging in shared cabins,  
food, all classes.**

**Single Day Training Fee: \$70**

**Access to pool, sauna, library, meditation room and  
grounds included.**

*Aikido of Petaluma Seminar Info*

