

The Bare Bones of Physical Mastery

Refine your Warm-Ups
with principles of Body/Mind Centering

Saturday October 6 - 1pm to 230pm

Arizona Aikido'Agatsu Dojo Donation \$10

Change perceptions of how you think and feel about your body.

- Imagine the possibility of effortless movement by letting go of old disruptive habits of holding and moving!
- Awareness and embodiment of mobility of spine with Core strength
- Access major body systems going beyond the muscular system as a focus.
- Discover your basic support structure is the Skeletal system - Bones lever us through space - support our weight in relationship to gravity and give clarity and range of movements.
- Evolutionary developmental patterns that take us from birth to standing.
- Knowledge based principles that enhance your training]*to move the rest of your life.*

“The best strategy relies on unlimited responses” O-Sensei

Annetta Luce offers new radical approaches to Warm-ups to enhance your physical practice. Seated bow in seiza deconstructed to find a way of more ease. MA in Dance ,Certified Movement Therapist and 35 years of exploration Using Body/Mind Centering principles across many disciplines. Pursued Brazilian Martial Art of Capoeira, Praying Mantis Kung Fu and now trains in Aikido.