

ARE YOU FULFILLING YOUR BODY & MIND'S FULL POTENTIAL?



BE THE BEST THAT YOU CAN BE AND OPTIMISE YOUR SENSE OF WELLBEING

- Dramatically increase your strength, energy and fitness levels
- Achieve excellent flexibility and feel better than you have in years
- Achieve optimal levels of concentration and focus
- Unlock the keys to effortless power
- Feel confident in protecting yourself and those dear to you

LEARN THE SECRETS OF THE TRADITIONAL MARTIAL ARTS AT SEEND AIKIDO CLUB

- Mon & Thurs 19:30 – 21:00 at Cleeve House, Seend SN12 6PG.
- Classes for all grades taken by Matt Hill 5th Dan. ***Matt spent two years in Japan as a full time 'live in' student of Grand Master Morihiro Saito Sensei.***
- Classes open to children and adults of both sexes from 12 years and above. £5.00 per class £3.00 under 16's



岩間神信合氣道修練会仁弘



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