

Bay Marin Aikido Presents:

# WOMEN'S AIKIDO SEMINAR

## FALL 2026



Women all levels welcome!

Registration Fee: **\$30**  
Potluck lunch (drinks provided)

**SUNDAY NOV. 8TH**

**9:30AM-  
2:30PM**

Bay Marin Aikido, 1345 Via Sessi, San Rafael



**Deborah Maizels**  
**6<sup>th</sup> Dan**  
Aikido Institute



**Ginny Breeland**  
**6<sup>th</sup> Dan**  
Cotati Aikido



**Sarah Montgomery**  
**5<sup>th</sup> Dan**  
Aikido in Fredericksburg