

TWO CRANES AIKIDO CELEBRATING 20TH ANNIVERSARY

Moment By Moment

MOLLY HALE & JERAMY HALE

SATURDAY, MARCH 21

Adults 10:00-12:00 pm | Teens 12:30-1:30 pm
(adults can come too)

Molly Hale, 4th degree black belt, began her training in 1984 with Doran Sensei. Dance, yoga, Feldenkrais and Continuum support her aikido training. Practicing 11 years on her feet and 19 years from sitting after becoming quadriplegic, she shares a unique perspective on martial training.

Jeremy Hale, 4th degree black belt is a student of Doran Sensei and Chief Instructor at Aikido at Noon in Menlo Park, CA. His diverse background in martial arts includes tai chi and jujitsu. Training with his wife Molly Hale, he offers a unique understanding of aikido practice and movement.

All students of aikido are welcome to train. No fee for classes. Donations for training are welcome.

Two Cranes Aikido Dojo
8512 20th Avenue NE, Seattle, WA 98115
206.523.5503
www.twocranesaikido.com



See "Moment By Moment ... The Healing Journey Of Molly Hale"
Watch it Online http://www.abilityproduction.org/mbm_dvd/