

# Aikido of Berkeley


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 aikido of berkeley

## **MOLLY HALE**

5TH DAN AIKIKAI - PENN VALLEY, CA

## **JERAMY HALE**

5TH DAN AIKIKAI - PENN VALLEY, CA

## **QUENTIN COOKE**

7TH DAN - CAMBRIDGE, UK

# AIKIDO LIFE LESSONS

## OCT 30TH NOV 1ST

FRIDAY 30TH

**6:00 - 8:00PM** \$50

*Quentin Cooke - verbal aikido*

SATURDAY 31ST

**10:30AM - 12:30PM** \$50

*Molly & Jeramy Hale*

**2:30 - 4:30PM** \$50

*Quentin Cooke,*

*Molly & Jeramy Hale*

SUNDAY 1ST

**10:30AM - 1:30PM** \$50

*Quentin Cooke,*

*Molly & Jeramy Hale*

**FULL SEMINAR: \$150**



*Join our potluck dinner  
on Saturday evening at 5pm.  
Bring something tasty to share!*



SCAN THE CODE TO REGISTER ONLINE