

*The Aiki Dojo Downpatrick and Belfast Aikido
invite to an Aikido Weekend with
Sensei Gilles de Chénerilles, 7th Dan*



at 45 Ravenhill Road, Belfast

Saturday 25 and Sunday 26 February 2017

10:30-12:30 & 14:00-16:00 (both days)

*Sunday 9:00-10:00 "Exercises for the joints" by
Yoga teacher Christiane de Chénerilles*

**Fees: £50 whole course (incl. Yoga); £25 one day; £15 one session.
More info from info@belfastaikido.org.uk**