

Mindful Action through Martial Arts (Aikido) (Uptown, Chicago)

hide this post

Location **Illinois** https://www.genclassifieds.com/x-747477-z



QR Code Link to This Post AIKIDO is a mental and physical exercise studied for fitness, self-defense and centering. Dynamic non-aggression and non-resistance is applied to traditional Japanese martial arts techniques. Instead of using force, conflicts are resolved through redirection by calming the mind and relaxing the body. In addition to enhancing strength and coordination, this leads to better confidence, energy and focus. Aikido has been embraced by people ranging from psychotherapists and performers to police and military personnel, as well as those seeking a way to navigate everyday stress and distractions. Please join us in exploring Aikido (啈æ°—é•"), "the way of harmonious spirit."

at Chicago Aikido Club (CAC) Now accepting new members (ages 13 and up)

Located at 4427 North Clark Street (Japanese American Service Committee) FREE PARKING available.

Classes:

Sunday 11:30am-1:00pm Monday 6:30pm-7:45pm Friday 6:30pm-7:45pm

www.chicagoaikidoclub.com









https://www.genclassifieds.com	posting	Chicago)	Arts (Aikido)	Mindful Action through Ma	
sifieds.com	un	hide	(Upto	rough Ma	



Chicago)	Arts (Aikido)	Mindful Action through Ma	
hide	(Upto	hrough Ma	







tps://www.genclassifieds.com/x-7	osting	hicago)	rts (Aikido)	Mindful Action through Martial	
ds.com/x-7	unhide	hide this	(Uptown,	gh Martial	



posting https://w 47477-z	Mindful (# Arts (# Chicago)
<pre>posting https://www.genclassifieds 47477-z</pre>	Mindful Action through \rts (Aikido) (\text{2hicago} r
assifieds	through (I

https://w 47477-z	posting	Chicago)	Arts
www.gencla z	U	0)	(Aikido)
https://www.genclassifieds.com/x-7 47477-z	unhide	hide this	(Uptown,

画 (本)	
Mindful Acti Arts (Aikio	Chicago) posting https://www.ge
ıl Acti (Aikic	ww.ge

Mindful Acti Arts (Aikid Chicago) posting https://www.ge	47477-z

http 474	Ch A a

ᄩ	4	יא	H	ū	T
47477-z	https://www.genclass	posting	Chicago)	Arts (Aikido)	Mindful Action the