



Aikido Seminar with Penny Bernath 6th Dan, Shihan

Chief Instructor, Florida Aikikai
April 12-14, 2019



Penny Bernath Sensei, 6th Dan, Shihan has been practicing Aikido since 1973. She teaches at Florida Aikikai where she shares the title of chief instructor with her husband, Peter Bernath, 7th Dan, Shihan. Penny has served on the USAF Board of Directors for many years and has annually hosted *Florida Winter Camp*, USAF's end of the year seminar since 1978. She teaches Aikido seminars around the world and considers Yoshimitsu Yamada Sensei as her main influence and teacher. We are delighted to welcome Penny Sensei back to Los Angeles – please join us!

Seminar Schedule

Friday, 12th: 7:00-8:30 pm

Saturday, 13th: 1:00-4:30 pm,
refreshments at 5:00 pm

Sunday, 14th: 10:00 am-1:00 pm

Seminar Fee (Cash or Check)

All weekend: **\$135**

Friday & Saturday Only: **\$90**

Saturday & Sunday Only: **\$120**

Friday Only: **\$35**; Saturday Only:
\$75; Sunday Only: **\$75**

The seminar will be held at the Southland Aikido dojo and is open to students of all ranks, dojos and affiliations. Visit www.southlandaikido.org for updates and details. Contact us at dojo@southlandaikido.org for any questions about the seminar.