



Aikido for Employees of Vancouver Coastal Health

About Aikido

Aikido is a system of personal development based on the Japanese martial arts tradition. The purpose of this art is to bring balance to one's mind and body, and by extension to promote peace and harmony in the world.

Benefits of Aikido practice

- **Physical:** attaining a centered body, straight posture, relaxed movements, and natural breathing.
- **Mental:** staying calm and relaxed under stress, improving awareness of one's body, and increasing one's sensitivity.
- **Social:** learning how to get along without fighting, resolve conflicts peacefully, and develop respect and kindness towards all living beings.

Aikido classes

Vancouver West Aikikai offers Aikido classes for beginning students on Mondays and Wednesdays, 7:15-8:30 pm, at our VWA Jericho location, and on Fridays, 7:30-8:45 pm, at our VWA Cambie location. (Starting September 9, our Monday and Wednesday class times will be 6:30-7:20 pm.)

Instructors

Our Chief Instructor is Ishu Ishiyama Shihan (7th dan), with over 40 years of experience teaching Aikido. The basics classes at VWA Jericho are taught by Valentine Kabanets (3rd dan), and the classes at VWA Cambie by Ramin Arvin (5th dan).

Class fees for Vancouver Coastal Health

Vancouver West Aikikai is pleased to offer a special 10% discount for employees of Vancouver Coastal Health.



VWA Jericho
4196 West 4th Avenue
Vancouver, BC V6R 4J5

VWA Cambie
3140 Ash Street
Vancouver, BC V5Z 1P6



aikido@vancouverwestaikikai.com



www.vancouverwestaikikai.com



Basics classes @ VWA Jericho
Mon & Wed 6:30 – 7:20 pm
(7:15 – 8:30 pm in summer)

Basics classes @ VWA Cambie
Fri 7:30 - 8:45 pm