



# Aikido Seminar with Penny Bernath 6<sup>th</sup> Dan, Shihan

Chief Instructor, Florida Aikikai  
March 10-11, 2017



**Penny Bernath Sensei, 6<sup>th</sup> Dan, Shihan** (master instructor) has been practicing Aikido since 1973. She teaches at Florida Aikikai where she shares the title of chief instructor with her husband, **Peter Bernath, 7<sup>th</sup> 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. This will be Penny Sensei's first seminar in the Los Angeles area – please join us!

## Seminar Schedule

*Friday, 10th: 7:00 - 8:30 pm*

*Saturday, 11th: 1:00 - 5:00 pm*

## Seminar Fee (Cash or Check)

*Both days: \$110*

*Friday Only: \$40*

*Saturday Only: \$80. (Refreshments to follow class)*



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](http://www.southlandaikido.org) for updates and details. Contact us at [dojo@southlandaikido.org](mailto:dojo@southlandaikido.org) for any questions about the seminar.