

# Monadnock Aikikai

*Traditional Aikido in Keene since 1984*



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## Moving with ease & integrity.

An Aikido Seminar with 4<sup>th</sup> Dan, Aimée Bel Sensei  
Saturday, February 10<sup>th</sup>, 10 AM-12 PM & 2 PM-4 PM  
At Monadnock Aikikai, 152 Davis Street, Keene NH

**Bel Sensei** is the Dojo Cho of Zenshinkan Dojo, Worcester Massachusetts. She began her Aikido training at Zenshinkan Dojo under [Edward Haupt Sensei](#) in 1996. Since his passing, she has trained under [Damon Apodaca Sensei](#), [James Nakayama Sensei](#), and [Robert Caron Sensei](#).

Her teachers are [Ed Germanov Sensei](#) and [Mary Heiny Sensei](#).

In addition to Aikido, Bel Sensei is a student of Ikebana and meditation.

**Cost: \$15-\$35 per class, \$30-\$70 for the day, Sliding Scale (you choose!)**

To register for this course: <https://moving-with-ease-and-integrity.eventbrite.com>  
or for more info please email [Billw@badgerbalm.com](mailto:Billw@badgerbalm.com) or call 603-313-3226 or 603-357-2989

[www.Monadnockaikikai.com](http://www.Monadnockaikikai.com)