

The Art of Peace

Tuesdays & Thursdays, 7 - 9 P.M.

Ki-Aikido emphasizes the coordination of mind and body in action while flowing instead of conflicting with your world. A true martial art, Ki-Aikido presents a philosophy that can be integrated into everyday life. Self-defense, meditation, breathing, balance, movement, confidence and relaxation are encompassed in the course.

Please register before
classes begin on May 25th

Call 970.491.6359 (press 0)

CSU Recreation activity classes
are open to all community members

Ki Aikido

Find harmony
with your world
through a
martial art

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