

# Living From The Heart

"The secret of buđo is not in the forms. Mastery is in freedom of the heart." O' Sensei



**Three master teachers**, sharing three modalities, (Aikido, Yoga, and Qigong), with techniques to open the heart and ways to align intentions and actions to take place from the heart.

**Aikido of Monterey**, 1251 10<sup>th</sup> St., Monterey, CA (831) 375-8106  
[www.aikidomonterey.com](http://www.aikidomonterey.com) email: [info@aikidomonterey.com](mailto:info@aikidomonterey.com)

Saturday, **September 25**, 10:00 am to 4:45 Pm  
Sessions 10- 11:30; 1-2:30; 2:40-4:10; 4:20-4:45  
\$60- full day \$25 am \$45 pm



**Danielle Smith**, a 6<sup>th</sup> degree Black Belt, in Aikido, has studied and taught martial arts and human potential development for more than 37 years. Her school, Aikido of Monterey, is based on 'The Art of Peace', and attracts students locally and internationally. She believes that right action always begins from alignment with the heart

*"...proper alignment allows one ease of movement, grace and fully embodied presence. Our planet needs our presence, right here, right now-- thoughts and actions informed by stillness at the center with heart and mind in alignment."* **Danielle Smith.**



For more than 40 years, **Teja Bell** has integrated the practice and teaching of martial arts, healing energy practices and the Dharma. He is a teacher of Aikido (5<sup>th</sup> degree Black Belt) and of the Chinese Internal Arts, and a fully ordained Rinzai Zen priest and lineage Dharma teacher. Among others, he teaches, "Radiant Heart Qigong." He is a bridge between the traditions of Buddhism and the Qigong and Yogic practices of Taoism.

*"Radiant Heart Qigong embraces action and stillness, cultivating: mindfulness, concentration, presence and compassion. This is the practice of integrating wholeness in embodied meditative action, with a quality of mindfulness that I call 'presence awareness'."* **Teja Bell**



Mind, body, spirit integration has been a passion of **Judith Roth's** since she began yoga, in 1974. She has followed a path of training and teaching through counseling, Aikido, Self-Defense, the Peace Movement, Visioning Circles and back to Yoga. She studies and teaches the heart-based style of Anusara Yoga and shares yoga with teachers and groups in the yoga center she built called "Sky Temple" in Yelapa, Mexico. Judith Roth, a second degree black-belt holder in Aikido, returns to her home Aikido dojo for this event.

*"Opening the heart with yoga focuses on creating alignment embodying strength and softness. Consciousness is influenced by our hearts intentions. Aligning with the heart and conscious intention leads us onto the path of the mystery."* **Judith Roth**