

Free LET Classes on Monday evenings at Cavallo Point

Mondays 5:30 - 6:30 pm
601 Murray Circle
In the Chapel
Fort Baker/Sausalito
[Directions](#)



LET works from the body to the mind and spirit, increasing awareness and deepening sensitivity. The body both reflects and influences the way you live your life, so by paying attention to your physical experience and energetic nature, you can make positive shifts to enhance your effectiveness in the world. Come experience this wonderful practice in an inspiring location.

Integral **ITP**
Transformative
Practice
INTERNATIONAL™

Weekly LET and Kata Classes in Marin County

For more information please contact Barry Robbins:
(415) 924-4256 or barry@itp-international.org

Kata Classes on Wednesday mornings at Aikido of Tamalpais



Wednesdays 8 - 9 am
142 Redwood Avenue
Corte Madera
\$5 Suggested Donation
[Directions](#)

The Kata was designed in 1991 by George Leonard to be performed in 40 minutes, each element blending into the next without a sense of haste. The Kata activates all the muscle groups and joints in the body through non strenuous movement, resulting in increased vitality and a sense of ease.

Enjoy the blessings of movement and meditation at our Kata class,
and experience the lovely, peaceful setting of the Aikido of Tamalpais dojo.



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