

Upcoming Events in 2025 and 2026

[Check our event web page](#) for more info and to register. [Become a member!](#)

Transformative Stillness - Online

A live virtual meditation experience

Dec 14, 2024 | 9:00 am – Noon PT

Save-the-Dates

Embodied Energy Practices for ITP

with Senseis Teja Bell & Robert Noha

Aikido of Tamalpais Dojo, Corte Madera, CA | Online via Zoom

Feb 7 & 14 and Mar 7 & 14, 2026 | 1:30 – 3:30 pm PT

ITP Weekly Kata Sessions

Mon., 8 – 9:00 am | Mon., 4:00 – 5:15 pm | Thurs., 4:00 – 5:15 pm Pacific Time